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| 00:00:00 | Music | Music | "Oh No, Ross and Carrie! 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 we don't just <u>report</u> on fringe science, spirituality, claims of the paranormal. No, no, no, no, no. We take part ourselves. |
| 00:00:18 | Ross Blocher | Host | Yep. When they make the claims, we show up so you don't have to. I'm Ross Blocher. |
| 00:00:21 | Carrie | Host | And I'm Carrie Poppy. And today we are here to tell you about our new careers as homeopaths who can... |
| 00:00:29 | Ross | Host | Uh— |
| 00:00:30 | Carrie | Host | ...treat...heal...you were gonna say, "heal." |
| 00:00:34 | Ross | Host | No, I don't know what I was gonna say. |
| | | | <i>[Carrie laughs.]</i> |
| | | | COVID-19— |
| 00:00:37 | Carrie | Host | COVID-19— |
| 00:00:38 | Ross | Host | Yeah. |
| 00:00:39 | Carrie | Host | —symptoms. |
| 00:00:40 | Ross | Host | Well, this isn't— |
| 00:00:41 | Carrie | Host | Which is different. |
| 00:00:42 | Ross | Host | This is good. We know how to take care of COVID-19 now— |
| 00:00:46 | Carrie | Host | Symptoms. |
| 00:00:47 | Ross | Host | —because we took a class online called, "Homeopathy for COVID-19 Related Symptoms." |
| 00:00:54 | Carrie | Host | <i>[In time with Ross]</i> Symptoms <i>[chuckles quietly]</i> . This is important. I'm sure this all that her...what's the word? |
| 00:00:58 | Ross | Host | This is her whole legal defense? |
| 00:01:00 | Carrie | Host | Yeah, yeah. |
| | | | <i>[Ross chuckles.]</i> |
| | | | That she says, "symptoms—" |
| 00:01:02 | Ross | Host | "I just said, 'symptoms.'" |
| 00:01:03 | Carrie | Host | —and not the virus itself. |
| 00:01:05 | Ross | Host | How did you find this? |
| 00:01:06 | Carrie | Host | You know, I've been getting her e-mails for a while. |
| 00:01:08 | Ross | Host | Okay. |
| 00:01:09 | Carrie | Host | I think she might be the homeopath who works out of the facility where we went and sang the HU on Lake Avenue— |
| 00:01:19 | Ross | Host | Oh, interesting. |

00:01:20 Carrie Host —in Altadena.

00:01:21 Ross Host Well, um, who is this, “she,” you keep referring to?

00:01:24 Carrie Host Oh, yes. The great, “she,” our heavenly mother, Rena Sassi.

00:01:28 Ross Host It says, “MA and C-H-O-M.”

00:01:31 Carrie Host Master of Arts, right?

00:01:33 Ross Host *[Thoughtfully]* Yeah. But also—

00:01:34 Carrie Host And—

00:01:35 Ross Host —C-hom.

00:01:36 Carrie Host Oh, I think I looked this up before. What is that?

00:01:38 Ross Host Some kind—

00:01:39 Carrie Host A cer—certified homeopath. I think that’s what it is.

00:01:40 Ross Host Oohhh. Okay.

00:01:42 Carrie Host I just googled, “C-H-O-M homeopathy,” and Google was like, “Hey, uh, FYI, do you have COVID-19 symptoms? ‘Cause, uh, you might be going to the wrong place.”

00:01:51 Ross Host *[Chuckles briefly]* I loooove that Google is doing that now, if you look for Kimberly Meredith—

00:01:56 Carrie Host Mm-hmm.

00:01:57 Ross Host —that you interviewed. Now it warns you, “Hey, here’s good and reliable information about COVID-19.”

00:02:02 Carrie Host From *Oh No, Ross and Carrie!*

[Ross chuckles.]

No, they don’t do that.

00:02:05 Ross Host Look at this instead.

00:02:06 Carrie Host The CDC.

00:02:07 Ross Host Yeah, a lot of our web searches now trigger these little warnings like, “Hey, were you looking for good information? ‘Cause you’re not using good search terms.”

00:02:15 Carrie Host *[Laughs]* So, at the Homeopathy School of Colorado, I see that they have a professional certification program to earn a certificate of homeopathy, and that makes you a CHom.

00:02:23 Ross Host Okay. Well, Rena Sassi is a CHom. She is also the co-founder of Healing Studio Online.

00:02:30 Carrie Host She discovered that.

00:02:31 Ross Host I hope she did. But she’s not just the co-founder, she’s also an instructor.

00:02:35 Carrie Host A member?

00:02:36 Ross Host So, yeah, you found this. You forwarded it to me, and you said, "What do you think? Should we learn homeopathy and be able to treat COVID-19 symptoms—"

00:02:43 Carrie Host *[In time with Ross] Symptoms?*

00:02:44 Ross Host "—for \$55 apiece?" And I said, "Of course. Well, why wouldn't we?"

00:02:49 Carrie Host Of course we do. Why would we do anything else with our time?

00:02:53 Ross Host This is the life we chose for ourselves. I went to their site to sign up, and I—

00:02:57 Carrie Host If you're listening to this in the future, just a reminder we recorded this during the COVID-19 pandemic. So you may hear sirens. We can't hold for all of them. Cool situation.

00:03:07 Ross Host Yeah. On their website, I saw other classes for stress management and immune boost.

00:03:13 Carrie Host Okay, nice.

00:03:14 Ross Host Immune System Boot Camp.

00:03:16 Carrie Host Okayyy, that sounds like you're gonna, like, make me eat my boogers or some—something that exposes me to—

00:03:21 Ross Host *[Chuckles]* Oh, right.

[Carrie laughs.]

I remember once at my dad's wedding with my stepmother, my cousin—still a baby—dropped a hamburger that he was eating in the dirt. And his mom just picked it up, lightly—

00:03:35 Carrie Host Picked it right up.

00:03:36 Ross Host —lightly shook it and handed it back to him.

00:03:38 Carrie Host Wow-ow-ow.

00:03:39 Ross Host And I—that always stuck with me, afterwards. Like, "Wow, you can do that?"

00:03:42 Carrie Host Do you think that's—that, what that song is about? *[Sings]* "Pick yourself up, dust yourself off?"

00:03:47 Ross Host I—

00:03:48 Carrie Host "Start all over again."

00:03:49 Ross Host I don't know that song.

00:03:50 Carrie Host Okay, sorry. Uh—

00:03:51 Ross Host Don't be.

00:03:52 Carrie Host —that's—that feels gross. But maybe it's not.

00:03:55 Ross Host Yeah.

00:03:56 Carrie Host Yeah, maybe he just got a healthy microbiome going on after that in that gut for a little while.

00:04:00 Ross Host Yeah, that stuck in my head as, like, "You know what? Yeah, we need to—"

00:04:03 Carrie Host Yeah, probably fine.

00:04:04 Ross Host “—eat things off the ground every now and then.”

[Carrie chuckles.]

I’m kind of known for that, actually. If—

00:04:07 Carrie Host Make a point of eating things off the ground.

00:04:08 Ross Host —if something falls on the ground, people realize, like, “Aw, Ross will eat it.”

00:04:12 Carrie Host Mm-hmm. One time I got tasked with writing an article. I was—I was on the science beat of this website. I was asked to write an article that was basically like the scientific version of the five-second rule. They wanted to know—

00:04:24 Ross Host Huh. Oh!

00:04:25 Carrie Host —how long can something be on the ground before it’s—*[breaks off, laughing]*

00:04:27 Ross Host Oh, yeah, I think the MythBusters addressed this once. And essentially, there’s kind of a quick ramp-up of bacterial—

00:04:34 Carrie Host Oh, okay.

00:04:35 Ross Host —influx and then it’s fairly constant.

00:04:37 Carrie Host I’m glad they got a straight answer. I contacted a bunch of microbiologists, and they were basically like, “*[Imitates a tired voice]* Get a different job. Why are you guys writing this shit—*[breaks off, laughing]*”

00:04:47 Ross Host Wow! That’s an interesting response.

00:04:48 Carrie Host Yeah, more or less. They were like, “This is stupid.”

00:04:50 Ross Host Okay. Well, I like to think—

00:04:51 Carrie Host Um... anyway—

00:04:53 Ross Host —that the immune system boot camp is precisely as you described.

00:04:56 Carrie Host Eating boogers.

00:04:57 Ross Host *[Chuckling]* yeah. And then I also saw they had Homeopathy for Families online course. And that one was \$99.

00:05:05 Carrie Host Whoa. Almost twice as much.

00:05:08 Ross Host Yeah. So those were some of the courses available on Healing Studio Online. It wasn’t like there was a huge selection of courses to choose from. And they only have six instructors listed, including the two co-founders. So, eh.

00:05:20 Carrie Host Oh, wow.

00:05:21 Ross Host Guess you can’t teach too many classes.

00:05:22 Carrie Host Who’s the other co-founder? Is it a man with a French name?

00:05:25 Ross Host Yeah. Pierre-Etienne Vannier.

00:05:27 Carrie Host Okay. I'm not positive, but I think that might be her husband.

00:05:31 Ross Host Oh!

00:05:32 Carrie Host He is on her business license. He filed her business license.

00:05:36 Ross Host Oh, interesting. Okay, well.

00:05:38 Carrie Host That's not a positive or a negative, but—

00:05:39 Ross Host Yeah. I'll allow it.

00:05:40 Carrie Host —maybe. So, when she sent this initial e-mail?

00:05:44 Ross Host Mm-hmm.

00:05:45 Carrie Host At the very top, there is a quote from the East Virginia Medical School.

00:05:51 Ross Host *[Chuckling slightly]* Oh, yeah.

00:05:52 Carrie Host Where this doctor apparently said, "Natural seems to be the best course." So it was this critical care team at the Eastern Virginia Medical School that were responding to COVID-19, and they had released a document of sort of best practices they had learned. And in there, there is a line that says, "Natural seems to be the best course."

00:06:10 Ross Host Well, that sounds like it's in favor of homeopathy—

00:06:12 Carrie Host Uh—

00:06:13 Ross Host Case closed.

00:06:14 Carrie Host *[Chuckles]* Yeah, if you have, you know, a very limited understanding of the word, "natural," that's true.

00:06:19 Ross Host And you only listen when you hear what you want to hear, and then you stop listening.

00:06:22 Carrie Host And you take a several-page document and pull out one sentence.

00:06:26 Ross Host *[Amused]* Okay, okay.

00:06:27 Carrie Host So, I went and looked at that document, which she hadn't linked to, but I went and found it. And, you know, it's—it's all standard medical protocol. But the doctor was just acknowledging we have limits in our understanding at this point.

00:06:39 Ross Host Mm. Mm-hmm.

00:06:40 Carrie Host And you don't want to go for this, like, high-intervention approach, when you don't know how much you're going to help. If you still have a chance to let the body take its course naturally without putting a respirator on, that's what you should do. When the person's on the verge of death and they need a respirator, turn to that.

00:06:56 Ross Host Okay. Yeah.

00:06:57 Carrie Host But there was nothing, nothing about, you know avoiding typical, conventional medicines.

00:07:03 Ross Host So, you're saying this quote was taken out of context.

00:07:06 Carrie Host I feel that it was.

00:07:09 Ross Host Did you check on this, though.?

00:07:11 Carrie Host I did.

[Ross chuckles.]

But as a wonderful, great storyteller, I will tell you about that in...a little bit later.

00:07:19 Ross Host Okay. Alright, so \$55 later and, uh, a waiver that just essentially said, "I'm not going to come after you for anything that happens here—"

00:07:28 Carrie Host Sure.

00:07:29 Ross Host —I was signed up. You were signed up.

00:07:31 Carrie Host I was signed up, babyyyy.

00:07:33 Ross Host And it was gonna be a Monday and a Wednesday. Smack dab in the middle of the day for us Pacific Time folks. So, it was going to be 12:00 to 1:30.

00:07:40 Carrie Host And she is also here on the West Coast.

00:07:43 Ross Host Very difficult when you only have a certain lunch break. So I was gonna go on Monday, and you were gonna go on Wednesday.

00:07:48 Carrie Host Wednesday, yeah. It's just how it worked out. Perfect. She also shared a Google Drive folder with everybody, so if we missed a day, we could go back and view the video. Which is always really nice.

00:07:58 Ross Host Oh, yeah. So, much appreciated. Thank you very much.

00:08:01 Carrie Host And when she hears this, I'm sure she'll be really glad she did that.

00:08:03 Ross Host Mm-hmm!

00:08:04 Carrie Host And in the class description, it says we will, "learn the science and practical application of homeopathy so that you can successfully manage the symptoms of colds, flus, coughs, or COVID-19-related symptoms at home."

00:08:15 Ross Host Cool.

00:08:16 Carrie Host Yeah.

00:08:17 Ross Host By the time I was able to join in on the call on Monday, April 13th, myself and the instructor and then five other people?

00:08:27 Carrie Host Oh, okay.

00:08:28 Ross Host Like, I was joining nine minutes late, and someone else was still trying to get on. So thankfully they hadn't really started the class; they were still trying to figure out the technology. And one of them had the last name, "Sassi," so I was wondering, "Is that a rela—"

00:08:40 Carrie Host Ahhhh.

00:08:41 Ross Host "Is that a relative?"

00:08:43 Carrie Host She was there on day two, and I asked that question.

00:08:45 Ross Host Oh. Okay.

00:08:46 Carrie Host I'll tell you—

00:08:47 Ross Host Hey, we'll find out.

00:08:48 Carrie Host --in day two.

00:08:49 Ross Host *[Carrie makes a couple of affirming sounds as Ross speaks.]*

Okay. So—and then someone was just listed as “iPhone.” This was a Zoom meeting, and all of us had had our microphone muted. So our way to interact was to write in the chat. And I would say I was one of the most active chat participants.

00:09:01 Carrie Host Nice. Gold star.

00:09:02 Ross Host Most of us were just kind of watching along. So, yeah, a small group that had paid \$55 per person for access to this. And one of the first things that was going on was just people sharing on the chat what they're thankful for. And that's nice.

00:09:15 Carrie Host Yeah, that's nice.

00:09:16 Ross Host So, uh, I inputted that I was thankful for all the time I get to be spending with my family—

00:09:21 Carrie Host Ahh.

00:09:22 Ross Host --and that I have work to do. And that's a luxury right now.

00:09:24 Carrie Host Oh, definitely. That's interesting, 'cause when I watched the video later, I was like, “Ooh, I wonder what Ross'll say.” And I thought maybe you weren't there yet, 'cause she didn't say your name and what you were thankful for.

00:09:34 Ross Host Well, now you know.

00:09:35 Carrie Host Now I know.

00:09:36 Ross Host *[Carrie makes a few affirming sounds as Ross speaks.]*

So, she started getting into what homeopathy is. And, you know, I'll say, I feel like I did learn a lot about what homeopathy teaches from this course that I didn't quite understand before. So, uh, already glad I did it. She clarified that homeopathy is a method into and of itself. It's, you know, separate from Chinese medicine, it's separated from Ayurvedic medicine, and a very different paradigm from allopathic medicine. We've used that term before. That's just what we would call—

00:10:06 Carrie Host Conventional medicine.

00:10:07 Ross Host —established, conventional medicine, right.

00:10:08 Carrie Host Yeah. Seems like that word is not—it—it's weird. It's not necessarily pooh-pooh-ing conventional medicine. But they are the only people who use it—

00:10:17 Ross host Right.

00:10:18 Carrie Host —so it's one of those, “ding ding dinggg.”

00:10:19 Ross Host As soon as someone says that, yeah.

00:10:21 Carrie Host Yeah, you just know, “Oh, okay, you have a certain point of view where you heard this word—”

00:10:25 Ross Host Right, when—

00:10:26 Carrie Host —‘cause it’s a pretty uncommon word.

00:10:27 Ross Host *[Carrie makes a few affirming sounds as Ross speaks.]*

—when someone starts talking about irreducible complexity, you’re like, “Oh, okay. Alright, you have a certain vantage point on the evolution vs. creationism vs. intelligent design debate. Okay, I see where you’re coming from.”

00:10:38 Carrie Host Oh, we’re going to be talking about the bacterial flagellum, are we? Okay.

00:10:41 Ross Host *[Chuckles]* Yeah. “Oh, hemoglobin evolution. Okay.”

[Carrie chuckles.]

Uh, so, yeah. She said we’re gonna talk about the scientific principles of homeopathy. Okay. I’d love to hear them.

00:10:52 Carrie Host And we should say, we’ve done a couple episode that involved homeopathy. And by a couple, I mean probably five, six. So, we’re not gonna go too deep here, but go ahead and back up and listen to some prior episodes if you want more of a homeopathic deep dive.

00:11:04 Ross Host *[Carrie makes a few affirming sounds as Ross speaks.]*

Yeah. And, uh, so she had this presentation that she was running on her screen. It was a Prezi, if you’ve ever seen one of those before. So you kind of build this visual outline of all the topics that you’re gonna discuss, and they’re all in these distinct bubbles and then the website kind of zooms into a subtopic. It’s fun, it’s visual, and I think, uh, enhances memorization. So, all good.

00:11:28 Carrie Host It’s a lot like clicking around a Google map.

00:11:29 Ross Host Yeah, that’s right. And she was saying that it had been co-opted from a presentation that had been that “Homeopathy for Families,” the \$99 one.

00:11:38 Carrie Host Ahhh. Okay.

00:11:39 Ross Host And every now and then, she would go to explain something in more depth and say, “Oh, shoot, I think I took that part out.”

00:11:44 Carrie Host Mmm. Right, okay.

00:11:46 Ross Host She’d been kind of weeding it for this course.

00:11:47 Carrie Host Ah, that’s what she was mentioning. Okay.

00:11:49 Ross Host But, you know, it looks nice. So, you’re zooming around all these little bubbles and then there’s a smaller bubble floating, and then you, you know, jump over to that one and it gets bigger.

00:11:55 Carrie Host Mm-hmm.

00:11:56 Ross Host I like it.

00:11:57 Carrie Host Good!

00:11:58 Ross Host So, any discussion of homeopathy of course has to begin with the founder and maybe discoverer—

00:12:05 Carrie Host Some might say...

00:12:06 Ross Host —[*chuckles*] of homeopathy.

00:12:08 Crosstalk Crosstalk **Ross and Carrie:** Samuel Hahnemann.

00:12:09 Ross Host [*Carrie makes a couple of affirming sounds as Ross speaks.*]

A German fellow, ah, in the late 1700's. He was the one who had been a physician, and rumor has it he was upset with some of the practices of the time, like bloodletting and, you know what? I—who can blame him? Medicine was reeeally touch-and-go in the 1700's.

[*Carrie chuckles.*]

So he...started developing his own system of homeopathy.

00:12:32 Carrie Host And I guess he felt that it was in particular lacking in scientific principles, the existing medical paradigm. I just thought this was very funny. On her slide, she wrote his name and then, “[*loudly*] Lacking scientific principles!”

00:12:44 Ross host [*Laughs*] Freudian slide.

00:12:47 Carrie Host Haaa!

00:12:48 Ross Host [*Carrie makes a couple of affirming sounds as Ross speaks.*]

But before she even went into him and his philosophy behind homeopathy, she made this claim that's just—I don't even know how I would look this up. She said that in the time of the Spanish Flu, that 30% of deaths were people who had been treated allopathically. So by the medical establishment. And, you know, that Spanish Flu of 1918 just killed millions of people. It was a horrific pandemic. But she said that for people who were treated homeopathically, only 1% died.

00:13:20 Carrie Host Well, guess who figured out where we could find that information— [*breaks off, laughing*].

00:13:23 Ross Host Oh, good. You—you found the source of that?

00:13:27 Carrie Host I did. So I paused it. I enlarged the screen. I found the source. I found that source. Boy, it took some time. But, okay. She is referencing a real thing that happened. I'll give her that.

00:13:40 Ross Host Okay.

00:13:41 Carrie Host [*Ross makes a few interested, affirming sounds as Carrie speaks.*]

So, according to the tiny print on the slide, the House of Commons that—obviously this happened in the UK. The House of Commons requested a report comparing the two treatments, homeopathic and allopathic, if you will. But then suppressed the results when homeopathy came out on top, saying, “including homeopathy would skew the results.” And then that was presented as, like, a conspiracy.

00:14:02 Ross Host Okay, and that—now my hypothesis here is that maybe you had a lot more people who were treated by—

00:14:08 Carrie Host Hmm.

00:14:09 Ross Host —conventional medicine. And maybe a very small sample size treated by homeopathy.

00:14:14 Carrie Host Very interesting theory. Yeah, I wrote down in my notes before I went to check, I said, “I don’t see in this graph the number of people in homeopathy group vs. allopathic group.”

00:14:24 Ross Host *[Chuckles]* That might be relevant information.

00:14:26 Carrie Host *[Ross makes a couple of affirming sounds as Carrie speaks.]*

Or how far along in their disease the people were, or if anyone belonged in both groups. Like, if you got homeopathy and then got really sick and went to get real medicine and then died, because you were really sick by then.

00:14:37 Ross Host Okay, yeah.

00:14:38 Carrie Host Okay, so all the graphs appeared to be taken from WholeHealthNow.com. That had—

00:14:44 Ross Host Sounds like a legitimate source.

00:14:45 Carrie Host *[Giggles]* Right. They had actually mentioned their source, though. So it was an article by a homeopath, by Michael Emmons Dean in the Journal of the Royal Society of Medicine. He did sort of a historical write-up on what happened. And so, indeed, according to their source, the allopathic figures included over 20,000 patients. While the homeopathic figures account for 568.

00:15:12 Ross Host Wow. Okay.

00:15:14 Carrie Host So...yeah. And—

00:15:15 Ross Host Which is a—a decent N size.

00:15:18 Carrie Host Mm-hmm, mm-hmm.

00:15:19 Ross Host --but if you’re talking about getting an average, that 19,000 plus is going to be far more useful pool of data.

00:15:26 Carrie Host Totally. And then, all of the data was basically self-reported, and—

[Ross makes a doubting, thoughtful sound.]

—the homeopathic centers were never actually visited by the city—the person who went around and made sure you were doing everything right?

00:15:40 Ross Host Mm-kay.

00:15:41 Carrie Host The city that-guy.

00:15:42 Ross Host So no oversight?

00:15:43 Carrie Host Yep. So, it is true that they reported—

00:15:45 Ross Host Okay.

00:15:46 Carrie Host —that death rate.

00:15:47 Ross Host So, if true, very impressive.

00:15:48 Carrie Host Mm-hmm.

00:15:49 Ross Host But...

00:15:50 Carrie Host Mm-hmm. If these self-reported statistics on a much smaller sample size are accurate, then that's something.

00:15:57 Ross Host Okay. Alright, well...thanks for looking that up.

00:16:00 Carrie Host You're welcome.

00:16:01 Ross Host We'll leave it to you, the listener, to determine whether that was honest reporting 100 years ago.

[Carrie laughs.]

But I could easily imagine the homeopaths saying, "Uh-oh. Okay, these, you know, five or six people died under our tutelage while they were here. We have to admit those were deaths. But hose other people, they went off home—"

00:16:20 Carrie Host Right.

00:16:21 Ross Host "—They died. We never saw. We didn't follow up. We don't know."

00:16:23 Carrie Host Or they went to the freaking hospital down the street and got counted in their numbers.

00:16:27 Ross Host *[Chuckles]* Right.

00:16:28 Carrie Host Yeah.

00:16:29 Ross Host I would suspect something like that. Call it a bias. So then she was kind of turning around and dinging the medical establishment on COVID-19, saying, "Well, they don't have any medicines for COVID-19 yet." Then she was starting to talk about a nosode—

00:16:45 Carrie Host Ah, yes.

00:16:46 Ross Host —that could be helpful fighting against COVID-19—

00:16:49 Carrie Host Thank goodness.

00:16:50 Ross Host —called, "Leptospirosis," nosode of Leptospirosis.

00:16:54 Carrie Host Oh, man, is that what it was? I've heard that word so many times. What is Leptospirosis? Typing. *[To herself, slowly]* Leptospirosis.

00:17:03 Ross Host I would think of, like, Lepidoptery, like butterflies. I doubt it has anything to do with that.

00:17:07 Carrie Host *[Chuckles]* It is a bacterial diseases that affects humans and animals, caused by the bacteria Leptospira. I think that's one of the foodborne pathogens that you hear about. Like, "Oh, they had to recall a bunch of cantaloupe."

00:17:19 Ross Host Oh, okay.

00:17:20 Carrie Host "It had leptospirosis." I'm just talking out my ass, but I think that's right.

00:17:25 Ross Host Hm. She did link to an NIH PubMed article. When I go there, it gives me a warning. "COVID-19 is an emerging, rapidly-emerging situation. Get the latest public health information from the CDC and research from the NIH." But, yes there was a large-scale application of highly diluted bacteria for a leptospirosis epidemic control...

00:17:48 Carrie Host Ah, yes. I did look at this.

00:17:50 Ross Host "Conclusions. The homeoprophylactic approach was associated with a large reduction of disease incidents in control of the epidemic. The result suggested that the use of HP as a feasible tool for epidemic control. Further research is warranted."

00:18:06 Carrie Host Yeah, so I think this is one of the studies she'll mention a few times that are out of Cuba the seem to be pretty controversial.

00:18:14 Ross Host Mm, okay.

00:18:15 Carrie Host *[Ross makes several affirming sounds as Carrie speaks.]*

I'm not smart enough to summarize them, but she brought up a lot how Cuba is using these protocols. And as I was going around trying to make heads or tails of that, I kept seeing scientists I know and respect saying, "Well, okay, but Cuba has a habit—*[puts on a snooty voice]* Cuba's got a habit—*[resumes regular tone]* of sort of...treating people with natural medicines and claiming success when the data's not all there. Um, but I don't know. I'm...

00:18:39 Ross Host So, uh, so this is from 2010. Looks like the studies were done in Cuba in 2007. So this is not from COVID-19, but it's for managing a different situation.

00:18:50 Carrie Host Mmm.

00;18:51 Ross Host Alright. So, it's one data point that does sound promising, but it is one data point.

00:18:56 Carrie Host Sure. And a nosode, by the way, is basically homeopathy's claim to a vaccine. So the idea is that they dilute the actual pathogen down to a really tiny amount and then give you that. And then your body learns how to react to that pathogen. Now, we do—

00:19:12 Ross Host Which is so similar to the idea of a vaccine.

00:19:15 Carrie Host Riiight! We have a version of this that works, and we call them vaccines.

00:19:18 Ross Host *[Chuckles]* Right.

00:19:19 Carrie Host Yeah.

00:19:20 Ross Host Where you know exactly how you're introducing either a disabled form of the virus that has just the right markers on it, still that the body can build up an immunity to that in a safe fashion, and then fight the real thing when it shows up. Or there's various other ways that you can kind of do the same thing with a live virus, a—a weekend virus. It differs from vaccine to vaccine. But, you know, we know the mechanism there. Whereas, in this case, it's a little bit more of the sympathetic magic thinking.

00:19:52 Carrie Host Yeah, assuming that there really is no active ingredient in the nosode—of course, if you were giving people, like, an actual bit of the pathogen—

00:20:01 Ross Host Mm-hmm.

00:20:21 Carrie Host —then yeah, you know, some people would become immune and some people wouldn't, and you'd probably make them very sick.

00:20:07 Ross Host But—[chuckles]—that's where it's nice to know that it is homeopathically prepared, because the chance that there is an actual pathogen in the substance is vanishingly small.

00:20:16 Carrie Host And that is because of the principles of homeopathy!

00:20:20 Ross Host Yeah, let's talk about those.

00:20:22 Carrie Host So, the first principle of homeopathy, of course, we all know. Like cures like.

00:20:26 Ross Host The law of similars.

00:20:28 Carrie Host *[Ross makes a couple of affirming sounds as Carrie speaks.]*

So, you've heard us talk about this a million times, if you listen to the show. So, we'll be quick. But the idea is, in a healthy person, a certain substance might make you sick. That same substance is going to make you better if you're ill. So—

00:20:41 Ross Host In a very small amount.

00:20:42 Carrie Host *[Ross makes a couple of affirming sounds as Carrie speaks.]*

Right. In a tiny, tiny amount. So if my arm has swelled up to high heaven, and it hurts to touch, and it's bright, bright red, Ross might say, "I know just the thing to do. I'm gonna take snake venom and I'm going to dilute it a bajillion times until there's basically none left in the water in which I diluted it. I'm gonna inject that into your arm. Because like cures like."

00:21:07 Ross Host That all sounds eminently reasonable.

00:21:09 Carrie Host Mm-hmm.

00:21:10 Ross Host This was Samuel Hahnemann's big innovation, to claim that like cures like and that you could somehow, by diluting this substance, make it affect this system, which we'll kind of describe in more detail. So that's one of the laws here. And here, this is where we talk about laws vs. theories.

[Carrie makes a thoughtful sound.]

Sometimes you just say something is a law, and that doesn't make it any more—

[Carrie laughs.]

—reliable. But she pointed out another law that lies behind homeopathy, and that is the law of Dynamis.

00:21:44 Carrie Host Mm-hmm. Which basically means you have an energy body?

00:21:47 Ross Host *[Carrie makes a couple of affirming sounds as Ross speaks.]*

So, it's this vital force that animates the human body. There's been many terms for that, like the lung ta. It seems like every kind of spiritual philosophy has its own name for that. The qi, you know. There's many different terms for essentially a life force. It's sort of like dark matter, I guess, except not as well backed up by scientific observation. But it's sort of a placeholder in that sense. Where it's like, "Well, we know there's this thing that makes people live. Let's call it the life force, and we'll figure out how to measure it later."

00:22:20 Carrie Host I don't know anything about dark matter, but I'm now going to assume it's the human soul.

00:22:24 Ross Host *[Chuckles briefly]* Aw, no.

00:22:25 Carrie Host *[Chuckles, then in a singsong voice]* Thank you, Ross. I got a tiny bit of information, and I'm running with it.

00:22:29 Ross Host Wait! Come back, Carrie! No, no! Come back! Come back! I didn't communicate that well!

[Carrie laughs.]

Oh, by—by the way, as she was describing the law of similars, she had a very interesting example. She said, "It's kind of like Ritalin."

00:22:42 Carrie Host It's exactly like Ritalin, yeah.

00:22:44 Ross Host So—

00:22:45 Carrie Host No, it's not.

00:22:46 Ross Host *[Chuckles briefly]* I don't know as much about this as you do. So maybe you can, uh, kind of address this. But, essentially, she was saying, "First of all, Ritalin is very dangerous. I don't recommend it for children." That's what she said. But then she hastened to kind of unpack her metaphor, and she said that Ritalin does all the same things that a person with ADHD is already experiencing. So they have the hyperactive focus. And she was asking us to kind of contribute these different aspects. Racing heart. And—and maybe weight loss. Sort of a nervous energy. And she said, "Well, that's exactly what Ritalin does. And they give it to the person."

00:23:21 Carrie Host And she said, "And do you know? Does anybody know what Ritalin is? What's the—Ritalin is methamphetamine. It's Speed." *[Chuckles]* Uh, so they are chemically similar.

00:23:32 Ross Host Mm-hmm.

00:23:33 Carrie Host But, I mean, there are a lot of prescription medicines that you could take recreationally and fuck yourself up. *[Laughing]* That doesn't mean anything.

00:23:39 Ross Host Mm!

00:23:40 Carrie Host *[Ross makes a few affirming sounds as Carrie speaks.]*

And also, yeah. Dosage matters, where you got it matters. Do you make it out of cold medicine from the street? Yeah, yeah, a lot more dangerous than, uh, taking Ritalin from your doctor. She's so close to a good idea here, you know? Like—ah, homeopathy, every time I think about it, I'm like, "Okay. You just missed the part that this all has to be before you get infected." Because it is true that if you encounter something and give your immune system time to practice with it, it gets better at it, like practicing anything.

00:24:12 Ross Host Like we were just saying, the idea of a vaccine—

00:24:14 Carrie Host A vaccine!

00:24:15 Ross Host —is very similar.

00:24:16 Carrie Host Right, right.

00:24:17 Ross Host And the law of similars tells us you should get vaccinated.

00:24:21 Carrie Host Yeah, it should, right? So, she gives this Ritalin example, and then on her slide, next to the Ritalin was a big onion.

00:24:28 Ross Host *[Amused]* Uh-huh.

00:24:29 Carrie Host And I was like, "Ooh, yeah, which would I rather have, Ritalin or an onion? Ooh, yeah. Great example." But she's telling us all this, and then is like, "But anyway, don't take Ritalin." And I was like, "Well you can't—eh—you're just speaking out of both parts of your mouth. You can't be like, 'This is a perfect example of what I'm describing. Don't take it.'"

00:24:46 Ross Host Oh. Yeah, good point.

00:24:47 Carrie Host Yeah.

00:24:48 Ross Host Well, I guess because they haven't prepared the Ritalin homeopathically. If they had—

00:24:53 Carrie Host Mmm. It would be as strong or stronger.

00:24:56 Ross Host Yeah! That—that one would be interesting, if you made a homeopathic of Ritalin, you could do that.

00:25:02 Carrie Host Mm-hmm. You could.

00:25:04 Ross Host But she recommended for the exact same symptoms—it's all about the symptoms—to give someone onion, and that is if you see a homeopathic remedy that is titled "allium cepa," C-E-P-A—

00:25:19 Carrie Host Yeeahh.

00:25:20 Ross Host —that is using onion that has been diluted, diluted, diluted. Uh, she asks us kind of that leading question. "What happens to you if you have an onion, you know, and you slice it?" Uh, crying?

[Carrie chuckles.]

"Yeeahh, you know, your eyes water. And—and that's very similar to what we're talking about with the ADHD, so we use that." What?

00:25:39 Carrie Host Yeah, well, she—*[giggles]*—I kind of know where she was going with this. She quickly mentioned hay fever. I think ADHD and allergies are often comorbid—

00:25:49 Ross Host Ohh.

00:25:50 Carrie Host —so maybe that’s where she was getting it, or maybe I am drawing together things for her benefit that she did not mean to.

00:25:56 Ross Host Hey, okay. Well, that makes more sense, the way you say it.

00:25:58 Carrie Host I should teach this.

00:25:59 Ross Host The—and then she unpacked the law of Dynamis, about the vital force. And she said, “And this was all corroborated by Albert Einstein—

[Carrie giggles.]

—when he discovered $E=mc^2$. See, all energy is matter.”

00:26:12 Carrie Host Let’s get him on the phone.

00:26:13 Ross Host *[Sighs]* That’s all we had to do to establish that yes, there is a life force that animates us. I thought that was quite the bit of prestidigitation.

[Carrie chuckles.]

I noticed she was also talking about disease, and she kept enunciating it—

00:26:27 Crosstalk Crosstalk Dis-ease.

00:26:29 Carrie Host Yeah.

00:26:30 Ross Host I like it, actually. That’s kind of fun. ‘Cause the—I mean, that’s where the term comes from. “I’m not feeling at ease!”

00:26:35 Carrie Host Yeah! Totally. Dis-ease.

00:26:37 Ross Host And the—and the doctor is there to tell you, “At ease, soldier.”

00:26:41 Carrie Host *[Amused]* Mm-hmm. “Oh, it hurts when you do that? Don’t do that.”

00:26:44 Ross Host Um...*[chuckles]*.

00:26:45 Carrie Host So then she showed us the hierarchy of dis-ease, and it is a triangle, a pyramid, if you will.

0026:51 Ross Host Yeah. Very much like the Maslow’s hierarchy of needs, if you think of, like, your basic needs at the bottom. You need food. You need shelter. And then as you get higher, you need respect and community. And then as you get even higher, you can get to your self-attainment, self-actualization.

00:27:04 Carrie Host Sex. Fucking, whatever it is.

00:27:06 Ross Host Yeah.

[Both laugh.]

Whereas, on this pyramid, at the bottom you have the physical.

00:27:12 Carrie Host Physical.

00:27:13 Ross Host Then you work your way up to—

00:27:14 Carrie Host E-mo-tional.

00:27:15 Ross Host Okay. And then the next rung is mental.

00:27:19 Carrie Host Mental.

00:27:20 Ross Host And at the very cap of the pyramid—

00:27:22 Carrie Host *[In a pinched voice]* Spir-i-tu-al.

00:27:23 Ross Host *[Exaggerating Carrie's pronunciation]* Spir-it-tu-al. And so, your disease starts in your energetic body—

00:27:30 Carrie Host Right.

00:27:31 Ross Host And—and so homeopathy—and this was—this was kind of new to me.

00:27:33 Carrie Host This is so confusing.

00:27:34 Ross Host *[Carrie makes a few affirming sounds as Ross speaks.]*

I didn't really understand it. Homeopathy—rather than addressing the physical body—they're looking at what is your spiritual body, that we just proved with Einstein. What is it lacking? Let's address that. And, at least by way of analogy, we have a certain logic. You know, if you knock over your almond milk on the table and it spills onto the ground, don't start mopping up the ground first. First, fix the glass. Put it upright. Clean the—the surface so that it's not gonna keep dripping down. Take care of that first, and then clean up the floor. And you don't need to cry over any of that—

[Carrie chuckles.]

—unless there's an onion nearby.

00:28:15 Carrie Host So you're saying if there—

00:28:16 Ross Host I hope this all makes sense now.

00:28:17 Carrie Host You're saying that if there were going to be a pandemic, it might make more sense to control the cases that are already in existence than let them spread and then triage all the worst cases one at a time in a widespread fashion, when you don't have enough PPE or doctors to do it.

00:28:34 Ross Host It sounds logical when you say it that way. Yeah, you might want to cut off the transmission first and make sure the situation's not getting worse, and then treat all the people who have, uh, the disease. Yes.

00:28:45 Carrie Host Boy, if only we had received a warning.

[Ross chuckles.]

Um—

[Ross sighs.]

—no, that makes sense, as long as you have the cause right.

00:28:53 Ross Host Exactly. So, if that is true—if disease really starts with the energetic body, then yeah. That makes sense to—to try to suss out what that energetic cause is and address it. And that’s—that’s how they’re looking at this.

00:29:06 Carrie Host Mm-hmm. Then it gets confusing.

[Ross laughs.]

This is how it always is, right? At first you’re like, “[*Very high-pitched voice*] You know what? Okay, okay.”

00:29:12 Ross Host “[*Matching Carrie’s tone*] I’m feeling you.”

00:29:13 Carrie Host *[Ross makes a couple of affirming sounds as Carrie speaks.]*

Oh, now you’re giving me examples and—nope, nope. This doesn’t work. So, she says they start in the energetic body, which suggests to me starting somewhere around the spiritual level. But she said that the more physical the symptoms, the more superficial the disturbance.

00:29:32 Ross Host *[Carrie makes a few affirming sounds as Ross speaks.]*

[Sighs] I guess there’s some sort of handshake that’s happening here between the physical and the energetic body. And that you can have these very minor, easily treatable things, that are just more physical. They’re just kind of surface-level. So they—they might be easier to treat, but they’re not as important. And it’s the deeper, more significant, energetic things that you really need to focus on

00:29:53 Carrie Host I know.

00:29:54 Ross Host Okay.

00:29:55 Carrie Host But if it starts in the energetic body—

00:29:57 Ross Host. Yes.

00:29:58 Carrie Host Then, a superficial disturbance would have to still be in the energetic body.

00:30:05 Ross Host I think I see what you’re saying now. So, my thought is that if you’re seeing that kind of surface-level manifestation, it’s the tip of the iceberg that’s pointing to something—

00:30:13 Carrie Host Ahhh.

00:30:14 Ross Host —that’s pointing to something more significant. That’s how I was understanding her.

00:30:17 Carrie Host Oh, interesting. I bet—

00:30:18 Ross Host So—

00:30:19 Carrie Host —both of these explanations work for her.

00:30:22 Ross Host What—whatever is convenient at the moment, maybe. But, yeah, my understanding was, “Oh, sure. We can put a band-aid on that, but let’s really focus on the—

00:30:29 Carrie host Okay. Okay.

00:30:30 Ross Host —deeper energetic issue.

00:30:31 Carrie Host I’m sure one of these or both of these are correct, even though they are in opposition.

00:30:36 Ross Host But the important concept about homeopathy here—again, this was kind of new to me, and I—and I like that she clarified it as such—is that homeopathy is not about diagnosis.

00:30:46 Carrie Host Right.

00:30:47 Ross Host Uh, so they’re just—they’re not interested in finding out what caused it or giving it a name of a disease. They’re all about identifying symptoms and treating those symptoms.

00:30:57 Carrie Host Right.

00:30:58 Ross Host And there’s kind of a system for saying, “Okay, what is the symptom, and then which of these little preparations are known to treat that?”

00:31:07 Carrie Host Which, for me, at least, feels inconsistent? “The most important thing for you to know is that we figured out the origin of the disease. It’s your energy body. Now, we don’t believe in figuring out the origin of diseases—“

00:31:19 Ross Host *[Chuckles]* Uh-huh.

00:31:20 Carrie Host “—just their symptoms.”

00:31:21 Ross Host *[Carrie makes a few affirming sounds as Ross speaks.]*

Yeah. I guess it's not so much about naming or giving it, like, a title. Like, "Oh, you're experiencing this." It's like, "Oh, you have a little cocktail of fever and sweatiness and we're gonna treat all those kind of differently. And we have this huge cocktail—or potential cocktail—of different homeopathic remedies. And each one is supposed to handle different things." And so individualization was another key, uh, concept here.

So—so, you, Carrie, are sniffing in front of me—

[Carrie sniffles and groans.]

Oh, Carrie just got really sick all of the sudden.

[Carrie chuckles.]

So then I start looking through my pharmacopeia here, and saying, "Okay, well I have this thing that actually—oh, this treats both flush and the feverish part." And so if you were maybe flush and...clammy, uh, then I might choose a different one that kind of intersects with those better. And even on this particular intersection that is Carrie, there might be six or seven different things that kind of are in that neighborhood. So maybe I grab a couple of them or one of them that I trust and know well.

Good, we good? Does that all make sense?

00:32:29 Carrie Host Oh, yeah, no, it makes perfect sense. Oh, she did differentiate here between chronic disease and acute disease. Uh—

00:32:36 Ross Host Right. This felt like just her stalling for time defining something that I should think everybody would understand.

00:32:42 Carrie Host *[Chuckles]* Well, it was, I think, mostly to say that we—the people in this room—can start right away with treating acute diseases.

00:32:52 Ross Host Mmm.

00:32:53 Carrie Host But it's the chronic stuff that you do want to send someone to a trained homeopath—

00:32:57 Ross Host *[Chuckling]* Okay.

00:32:58 Carrie Host —to deal with. And she said, "But I encourage you to start doing this right away," meaning treating acute disease. And she said, "Whether it's COVID-19 or not, because the more practice you get, the more successful you are becoming as that lay homeopath."

00:33:13 Ross Host Okay. Again...that makes sense.

00:33:16 Carrie Host Mm-hmm.

00:33:17 Ross Host You know, as long as we assume these basic principles, yeah, okay. That's logical.

00:33:22 Ross Promo Well, Carrie.

00:33:23 Carrie Promo Yes, Ross.

00:33:24 Ross Promo I'm—I'm enjoying this class that we're in.

| | | | |
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| 00:33:26 | Carrie | Promo | Me, too. |
| 00:33:27 | Ross | Promo | That we— |
| 00:33:28 | Carrie | Promo | God, I hope nothing takes me away from it. |
| 00:33:29 | Ross | Promo | Well, having learned that like cures like— |
| 00:33:33 | Carrie | Promo | <i>[Slightly under her breath]</i> Okay, I'm listening... |
| 00:33:35 | Ross | Promo | I'm wondering about the theory that fun begets fun. |
| 00:33:39 | Carrie | Promo | Interesting. Okay. |
| 00:33:41 | Ross | Promo | And I have some data for you. |
| 00:33:43 | Carrie | Promo | Okay, alright. I'm willing to listen to the data. |
| 00:33:46 | Crosstalk | Promo | Ross: Mm-kay. So I— |
| | | | Carrie: Just— |
| | | | Ross: Yes— |
| | | | Carrie: —as long as it confirms my previously held convictions— |
| | | | Ross: Mm-kay. |
| | | | Carrie: —and does not shake them at all. |
| 00:33:53 | Ross | Promo | Well, here's what I got for you. |
| 00:33:54 | Carrie | Promo | Okay. |
| 00:33:55 | Ross | Promo | With the app, "Best Fiends—" |
| 00:33:56 | Carrie | Promo | Mm-hmm. |
| 00:33:57 | Ross | Promo | —you can have a whole barrel of fun on your phone. |
| 00:34:00 | Carrie | Promo | Oh, I completely believe this. This fits in with my pre-existing beliefs. So, I'm ready to hear more. |
| 00:34:05 | Ross | Promo | <i>[Chuckling]</i> Okay. Hey, awesome. I play this game, and I can tell you a lot of things about it, Carrie. |
| 00:34:11 | Carrie | Promo | Yeah? |
| 00:34:12 | Ross | Promo | First of all, doesn't require an internet connection. |
| 00:34:14 | Carrie | Promo | That is nice. |
| 00:34:15 | Ross | Promo | I mean, once you've downloaded it. |
| 00:34:16 | Carrie | Promo | Sure. |
| 00:34:17 | Ross | Promo | It's a free download. You get it on your phone. |
| 00:34:18 | Carrie | Promo | Mm-hmm. |
| 00:34:19 | Ross | Promo | But then you can play...on the subway. |
| 00:34:21 | Carrie | Promo | Mm-hmm. |
| 00:34:22 | Ross | Promo | Or in a subterranean bunker. |

| | | | |
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| 00:34:24 | Carrie | Promo | Oookay? |
| 00:34:25 | Ross | Promo | You never know where you'll find yourself. |
| 00:34:27 | Carrie | Promo | Kimmy Schmidt could play this game. |
| 00:34:29 | Ross | Promo | I'll watch <i>Kimmy Schmidt</i> sometime after I watch <i>Breaking Bad</i> . |
| 00:34:31 | Carrie | Promo | <i>Breaking Bad's</i> more important. |
| 00:34:33 | Ross | Promo | Okay. Well, anyways. Best Fiends is—it's a puzzle game, but it's al— |
| 00:34:36 | Carrie | Promo | Okay, I like puzzles. |
| 00:34:38 | Ross | Promo | So, you're—you're solving a puzzle with each level, but you're also getting achievements. You're adding new characters. |
| 00:34:44 | Carrie | Promo | Okay. |
| 00:34:45 | Ross | Promo | You're levelling them up. |
| 00:34:46 | Carrie | Promo | Nice. |
| 00:34:47 | Ross | Promo | There's—there's a lot of pieces to this. And so, as you level up, you gain more powers. You gain new characters. They gain special powers. You can solve more difficult puzzles. And it's really fun. |
| 00:34:57 | Carrie | Promo | And does your strategy evolve as you've been playing this so long? |
| 00:35:00 | Ross | Promo | Yeah! Because there will be new obstacles, new things that you need to incorporate. So, you know, sometimes you're learning logs, or sometimes you're helping, uh, little chick eggs get to the bottom of the screen. |
| 00:35:10 | Carrie | Promo | Aw. |
| 00:35:11 | Ross | Promo | And over time you get these new things that behave in new ways. So, you're like, " <i>[In a lower, pinched voice]</i> Oh, how do I deal with this one that changes all the colors around it?" |
| 00:35:19 | Carrie | Promo | So you're like the whole god of this world? |
| 00:35:20 | Ross | Promo | Eh, no. If you're drunk on power like that, sure. |
| | | | [Carrie laughs.] |
| | | | But yeah, I gue—I guess you are. So, it's fun, it's colorful. You've got pretty cool graphics, even. They've got like some animated shorts that go with it. Pretty high quality. |
| 00:35:33 | Carrie | Promo | It has nice, bright colors. Uh, reminds me of <i>Goof Troop</i> . |
| 00:35:36 | Ross | Promo | Oh, yeah! |
| 00:35:37 | Carrie | Promo | Yeah. |
| 00:35:38 | Ross | Promo | Yeah, totally. I could see that. Yeah, I'm well into the 800's now, and—the levels, that is. |
| 00:35:43 | Carrie | Promo | Mm-hmm. |
| 00:35:44 | Ross | Promo | So, I'll play it while I'm kind of sitting and watching a movie or, uh, you know, if I just need a little break away from everything else. |

| | | | |
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| 00:35:52 | Carrie | Promo | And there's cute little characters. Do you get more as you play, or— |
| 00:35:54 | Ross | Promo | Yeah. |
| 00:35:55 | Carrie | Promo | —have they all been the same? |
| 00:35:56 | Ross | Promo | I've got a bunch. You know, it's funny. You'll get to certain levels, and they'll say—they'll say, " <i>[deeper voice]</i> You can—you can unlock this if you've already collected, say, 12 characters and gotten them all to level 15." <i>[Resumes regular tone]</i> And I always have already passed those requirements, 'cause I've got a <u>lot</u> . See, look at this. Here's—here's my, uh, green characters— |
| 00:36:13 | Carrie | Promo | Whooooaaa. |
| 00:36:15 | Ross | Promo | Yep. And then here's my red characters. |
| 00:36:17 | Carrie | Promo | Whooooaaa. |
| 00:36:18 | Ross | Promo | Yeah. Here's my purple characters— |
| 00:36:19 | Carrie | Promo | Purple characters. Whooooaaa. |
| 00:36:20 | Ross | Promo | There's—Ru's one of my favorites. And, of course, Bam is probably— |
| 00:36:25 | Carrie | Promo | Aw, he's cute. |
| 00:36:26 | Ross | Promo | He's my all-time best, epic fiend. But then there's my yellow. See, I'm only missing two yellow characters. |
| 00:36:32 | Carrie | Promo | My goodness. |
| 00:36:33 | Ross | Promo | But, see, look at that. I've been busy. |
| 00:36:35 | Carrie | Promo | Yeah. No wonder Best Fiends has over 100 million downloads and tons of 5-star reviews. Clearly, Best Fiends is a must-play. They have thousands of levels already. They have new levels, events, and characters added every month, and it's hours of fun right at your fingertips. And you can even play offline. |
| 00:36:55 | Ross | Promo | With over 100 million downloads, and tons of 5-star reviews, Best Fiends is a must-play. |
| 00:37:00 | Carrie | Promo | So, download Best Fiends free on the Apple App Store or Google Play. |
| 00:37:04 | Ross | Promo | That's, "friends," without the R. Best Fiends! |
| 00:37:08 | Ross | Host | <i>[Carrie makes several affirming sounds as Ross speaks.]</i> Some other important points she made about homeopathy is that symptoms really are our friends. We should see them that way. Like, "Ah, this is helping me as a signpost that's gonna tell me how to get to the root of the problem, wherever it is on the energetic level." And also that the approach should be wholistic. So, we're looking at three different aspects of the person. Their mental, their emotional, and their physical selves. And not just the physical, you know, as the industrialized medicine...establishment wants you to...objectify a person. Okay, so how does homeopathy get made? |
| 00:37:45 | Carrie | Host | So, you take that substance—that like-cures-like substance. |
| 00:37:49 | Ross | Host | Mm-hmm. |

00:37:50 Carrie Host So, in my example, that was snake venom.

00:37:51 Ross Host Yes, and it's usually a mineral, animal, or plant.

00:37:55 Carrie Host Yes.

00:37:56 Ross Host Which, doesn't leave too many options.

00:37:57 Carrie Host That's correct. Well, I guess it leaves—

00:37:58 Ross Host It couldn't be a fungus?

00:38:00 Carrie Host —water, which is what you end up with.

00:38:02 Ross Host Okay.

00:38:03 Carrie Host *[Noncommittal]* Yeah. *[Regular tone]* So, you take that substance. You put it in what's called the mother tincture. So this is your first vial of homeopathic medicine, the mother.

00:38:13 Ross Host I don't know why I like this term. But, "mother tincture," yeah. Okay.

00:38:16 Carrie Host *[Laughs]* It's like the mother of bread, or whatever.

[Ross chuckles.]

Um, and you take that and you take one drop out of that jar, and you put it in a—that one drop, you put in a new jar full of water.

00:38:27 Ross Host Mm-hmm.

00:38:28 Carrie Host And then you succuss. This is very important. You shake the Dickens out of it.

00:38:33 Ross Host Now, let's discuss succuss.

00:38:34 Carrie Host *[Amused]* Okay.

00:38:35 Ross Host Cause this is a term I don't think I've ever encountered outside of the world of homeopathy.

00:38:39 Carrie Host Oh, that's a good point. Yeah, I'm gonna look up suc—I bet—okay, if I look up, "succussion," bet you anything Google will be like, "*[Lower, softer tone]* Do you mean the show, *Succession?*" *[Regular tone]* Let's see.

00:38:47 Ross Host Ohh! *[Chuckles]* Okay. Or it might say, "If you're looking for information about COVID-19, please refer to the CDC."

00:38:55 Carrie Host "*[Same "Google" voice as earlier]* Did you mean 'Succession?' *[laughs]*"

00:38:56 Ross Host *[Chuckling]* Oh, hey! Okay! Alright!

00:38:59 Carrie Host *[Sighs with laughter]* Fun. Oh, interesting! Succussion is used in, uh, gastroenterology, because of succussion splash, which is a sloshing sound heard through the stethoscope during sudden movement of the patient on adnominal auscultation. It reflects the presence of gas and fluid in an obstructed organ.

00:39:18 Ross Host *[Carrie makes a few affirming sounds as Ross speaks.]*

Okay. Well, there you go. Multiple uses of the term, “succussion.” So, uh, this was also kind of news for me, ‘cause I’ve always pictured when someone’s preparing one of these remedies—and her picture made it look like this, too—that you have, like, a VOS water jar bottle or something like that, that, you know, is filled with water, and then you drop one drop of this substance into that, and you shake it up. And then you take one drop of that and you put it into another similar cylinder of water.

00:39:50 Carrie Host And—and—or alcohol, yeah.

00:39:51 Ross Host But what she was saying, was that it’s 1 drop combined with 99 drops of pure alcohol.

00:39:58 Carrie Host Oh, okay.

00:39:59 Ross Host And that’s a one C preparation. So, C—

00:40:01 Carrie Host Mmm.

00:40:02 Ross Host So, C kind of like the Roman numeral for 100. And then you shake that up. And it seems like usually—she didn’t get into the number of shakes. But it seems like usually there will be sort of a set number. Like, you shake it 14 times.

00:40:13 Carrie Host Right.

00:40:14 Ross Host That is a successful succussion.

[Carrie chuckles.]

Um—

00:40:17 Carrie Host And then you do succeeding successful succussions.

00:40:20 Ross Host *[Chuckling]* Yeah, that’s—

00:40:21 Carrie Host And then you succeed from the experiment.

[Ross laughs]

It’s just too successful.

00:40:25 Ross Host So then, the second—the 2 C process is taking one drop from that first 1-in-100 drops and putting it in the second collection of 99 drops of pure alcohol. You shake that. You take 1 drop from that, put it in the next 99 drops of alcohol. That sounds very time consuming.

00:40:42 Carrie Host Yes.

00:40:43 Ross Host And so my question was—on the chat—“Hey, uh, what about water? What—how much water is in there? I—I always pictured this with water.” And so she said, “Oh, you know what? Actually we—they try to minimize water, and if they have to use water, you know, they’ll only go up to 30% water.”

00:40:59 Carrie Host Hmm.

00:41:00 Ross Host So, I guess an additional 30-something drops of water?

00:41:03 Carrie Host Hmm. Okay.

00:41:44 Ross Host I don't know. I don't—that—none of this seemed like the scale I was picturing. I was—

00:41:07 Carrie Host Yeah.

00:41:08 Ross Host —picturing a much larger—

00:41:09 Carrie Host Yeah, yeah, you're right.

00:41:10 Ross Host —body.

00:41:11 Carrie Host Uh, yeah, and having 1% of the original mother be the substance—yeah...

00:41:16 Ross Host Because, you know, it's harder to shake a tiny amount of something—

00:41:19 Carrie Host Yeah, definitely.

00:41:20 Ross Host —and 100 drops just doesn't sound that much to me.

00:41:22 Carrie Host Yeah. Huh, interesting.

00:41:23 Ross Host So, anyways. Uh, that changed my mental image of what was going on. And she clarified that normally places that are preparing these, they have machines that do this.

00:41:32 Carrie Host Right.

00:41:33 Ross Host And I've always wondered—yeah, I would—I would actually love to visit a homeopathy facility.

00:41:37 Carrie Host Oh, yeah.

00:41:38 Ross Host If anyone know about one that's within reach of me, I would love to just see the process, and—

00:41:42 Carrie Host Yeah, me too.

00:41:44 Ross Host —do they actually put all that effort into creating the homeopathic preparation? I would—

00:41:49 Carrie Host You know, we should ask Santa Monica Homeopathic Pharmacy.

00:41:52 Ross Host If we can get a tour of the factory?

00:41:53 Carrie Host Yeah, or, like, where—where it is.

00:41:55 Ross Host Mm-hmm.

00:41:56 Carrie Host Where do you actually get these things?

00:41:57 Ross Host Yeah.

00:41:58 Carrie Host Yeeeah. That's our local homeopathic pharmacy. We live in LA.

00:42:02 Ross Host *[Chuckles heartily]* Oh, by the way, there is a homeopathic preparation called, "apis," which comes from the bee, but not the venom of the bee—

00:42:11 Carrie Host Don't start thinking it's the venom.

00:42:13 Ross Host Would—does that mean they just crush a bee?

00:42:15 Carrie Host Yeah, that's what it sounded like.

00:42:16 Ross Host *[Disappointed]* Aww.

00:42:17 Carrie Host It's from the body of the bee.

00:42:18 Ross Host Okay. Well—

00:42:19 Carrie Host Rude.

00:42:20 Ross Host —Rena said you might want to consider that for COVID-19.

00:42:23 Carrie Host *[Chuckles]* You might.

00:42:24 Ross Host So, we're already—we're already getting a—a tip here.

00:42:26 Carrie Host I was picturing—as she's explaining the dilution process, and she's like, you know, really laying out the basics of homeopathy—I got this little, I don't know, butterflies in my stomach thinking, "What if there's just one person on this call who's never heard this and is like, 'Wait, this can't be right.'"

[Ross chuckles.]

'Cause I remember the first time I heard about homeopathy.

00:42:44 Ross Host Yeah!

00:42:45 Carrie Host It was a James Randi video.

00:42:46 Ross Host Oh, right.

00:42:47 Carrie Host And I thought—

00:42:48 Ross Host "You're misrepresenting this."

00:42:49 Carrie Host Yeah, this—this can't be right. And—

00:42:50 Ross Host "That's a straw man. They—no one would say that."

00:42:52 Carrie Host I think I also—to my credit—like, knew that, "No, there are some things labelled, 'homeopathic,' that are just herbal." And that's true. Unfortunately, that's a mislabeling problem.

00:43:02 Ross Host Mm. Mm-hmm.

00:43:03 Carrie Host True homeopathy doesn't have anything in it. But, obviously Randi was right about true homeopathy. And, then I went on a James Randi YouTube hole. And here I am today.

00:43:12 Ross Host *[Chuckles]* One thing leads to another.

[Carrie chuckles.]

A succession of James Randi videos and you succumbed to the message.

00:43:19 Carrie Host So true. So then someone asked what became maybe my favorite question of the day.

00:43:24 Ross Host 'Kay.

00:43:25 Carrie Host They said, "Okay, well what do you do if you know that you want a certain potency, but you can only find—"

00:43:29 Ross Host Yeah.

00:43:30 Carrie Host “—a different one at the—at your local homeopathic pharmacy?”

00:43:33 Ross Host Which is a good question. So what if they’ve gone to all the trouble to create a 200 C and all you have is a 30 C, but you’re pretty sure you need a 100 C. What do you do?

00:43:43 Carrie Host Well, she says, “We are gonna talk about that later, but basically it would be very hard for you to do this on your own—“

00:43:50 Ross Host Mm-hmm.

00:43:51 Carrie Host “[*becoming more emphatic as she speaks*]—to make your own succussions. So the general rule of thumb is, whatever amount or remedy you have, even if it is the wrong remedy, go ahead and give it.”

00:44:02 Ross Host Mm-hmm.

00:44:03 Carrie Host “[*Loudly, punctuating each word*] Give them anything.”

00:44:05 Ross Host Yeah. I guess the energy body will respect that—[*chuckling*]—the thought is what counts.

00:44:11 Carrie Host I think—you know, I think that’s right. I think that is literally the thought—

00:44:16 Ross Host So this—

00:44:17 Carrie Host —[*loudly*] that counts here.

00:44:18 Ross Host [*Chuckles briefly*] So this might be the third law. The law of, “The thought is what counts.”

00:44:23 Carrie Host Yeah. Oh, man, yeah.

00:44:25 Ross Host The law of, “It’s the thought that counts.”

00:44:26 Carrie Host Yeah, that’s what placebo is. Placebo: it’s the thought that counts.

00:44:30 Ross Host Even if you tell somebody that it’s placebo—

00:44:33 Carrie Host Yep.

[*Ross makes a an amused, giving-up sound.*]

It’s still pretty powerful.

00:44:34 Ross Host It—the—a lot of power in a gesture. So, you’re right, that...kind of...gave up the ruse? I don’t know?

00:44:42 Carrie Host Yeah.

00:44:43 Ross Host But—

00:44:44 Carrie Host Oh, for sure.

00:44:45 Ross Host Yeah, don’t try to, like, take that sugar pill—we’ll kind of get to that—but don’t, you know, crush it up and try to—don’t try to dilute it in some more water and do your own succussions. Eh, that’s a lot of work.

00:44:54 Carrie Host Though—though if you did, same thing would happen!

00:44:58 Ross Host Yeah. Oh, and we’ll get to another aspect that really bothers me in this.

00:45:02 Carrie Host Oh.

00:45:03 Ross Host I—but—okay.

00:45:04 Carrie Host Can't wait. So, okay, we were talking about sugar pills.

00:45:05 Ross Host Yes.

00:45:06 Carrie Host So, just to skip to the, uh, punchline here, so people have the right frame of mind. So, you do all those things. You—you—you dilute it a bajillion times. You finally come up with a substance that has zero amount of the original—the original medicine.

00:45:21 Ross Host Right.

00:45:22 Carrie Host You take that. This final, pure, alcohol-water concentration. You pull a little bit out of that and you put 'em in literal sugar pills.

00:45:31 Ross Host Yeah. And I asked her later—this does come up—I said, "So, what are these pellets made out of?" And she said, "Ah, lactose or sucrose." Sugar.

00:45:39 Carrie Host Fancy names for sugar, yeah.

00:45:40 Ross Host Yeah.

00:45:41 Carrie Host Um, but also it's important that you know that after 12 C's, it becomes—

00:45:46 Ross Host Yes.

00:45:47 Carrie Host —pure energy. There are no more molecules of the original substance left.

00:45:51 Ross Host *[Carrie makes a couple of affirming sounds as Ross speaks.]*

So, you've taken this drop of the original substance, you've put it into—just so you know, to recap for those at home—you've put it into a solution of 99 drops of pure alcohol. Maybe you've added some water to help preserve the alcohol. Not too much, apparently. You've shaken it. Okay. You take one drop out of there. You put it in the next bottle. You do that again. You take it out, next bottle. You do this twelve times, and so she tells us at this point she realizes that the changes of any molecule, any physical representation from the original substance, infinitesimally small. Essentially, you know at this point you probably don't have any of that original substance that was the original onion or bee part or snake venom.

00:46:41 Carrie Host Right. And if you were going to accept that, "No, it's still sort of in there energetically," then we would have to assume that tap water has so much, like, birth control, Ritalin, every—all these medicines people are taking.

00:46:53 Ross Host *[Sighs]* Yep. Yep. This is where we literal-minded people start thinking about the implication—

00:47:01 Carrie Host Right

00:47:02 Ross Host —of what you're saying. You're saying that by shaking the water, you can get it to kind of hold onto this idea. And this is another term in homeopathy that we've talked about before and she didn't come out with right away, but water has a memory. That's the idea.

00:47:16 Carrie Host Mm-hmm. *Frozen II.*

00:47:18 Ross Host *[Chuckles]* So, you have to ask, then, “How does it maintain that memory?” And, “Why doesn’t it remember everything else?”

00:47:25 Carrie Host Yeah.

00:47:26 Ross Host *[Carrie makes a few affirming sounds as Ross speaks.]*

Because it’s kind of like that idea of Cesar’s last breath. You know, every time you breathe in, there’s a fair chance that you get a molecule that at some point had gone through the lungs of Cesar. Cause he breathed a lot in his lifetime, and we live in a closed system for the most part. All of our air is recycled from previous air. So, that water’s been around. And certainly any H₂O you encounter has a very, very, very, very, very high probability of having past through a dinosaur gut at some point. Does it remember that?

00:48:01 Carrie Host *[Chuckles briefly]* If it does, I want to interview it.

00:48:02 Ross Host Does that affect my life?

00:48:04 Carrie Host Probably not.

00:48:05 Ross Host Should I care about that?

00:48:06 Carrie Host I mean, it might affect your life in an evolutionary sense.

00:48:08 Ross Host Other than general, intellectual curiosity—

00:48:11 Carrie Host Right.

00:48:12 Ross Host —does it affect me?

00:48:13 Carrie Host No.

00:48:14 Ross Host Probably not.

00:48:15 Carrie Host Are these rhetorical, ‘cause no!

00:48:16 Ross Host Yeah, they’re all rhetorical.

00:48:17 Carrie Host Oh, okay.

00:48:18 Ross Host But, still, I think they enter into the equation if you’re making this claim.

00:48:20 Carrie Host Yeah. Yeah, for sure.

00:48:22 Ross Host So, I even tried to ask her that. I posed a question in the chat, “Can you talk more about how the memory of the substance is preserved or stored after 12 C?” Because she’s made it clear, you want to get to these much higher numbers than 12, but already at this point—

00:48:36 Carrie Host Oh, right.

00:48:37 Ross Host —you’ve lost the substance. So, okay. So tell me more about how that get stored. And she said, “I’m not sure I understand the question. Can you be more specific?” So, I rephrased it.

[Carrie chuckles.]

I said, “You were talking about how there are no molecules left after 12 C, but I’m curious as to how the memory of that substance remains in the dilution.”

00:49:00 Carrie Host How does the water do it?

00:49:01 Ross Host She hadn't yet talked about water having memory.

00:49:03 Carrie Host Implied parentheses, "This doesn't make sense."

00:49:07 Ross Host *[Chuckles briefly]* Right. Certainly not to me. And it took her a long time to—to get to that answer. But she just sort of restated it.

00:49:15 Carrie Host Mm-hmm.

00:49:16 Ross Host It was like, "Oh, well, you know, it's...it's energetically there."

00:49:19 Carrie Host Right.

00:49:20 Ross Host So, you've taken over having a physical representation and now you have a energetic representation of that original substance. But what about all the other things that were floating around in that water that—that they do recommend using distilled water, boiled water. You know, they're trying to get fairly pure water. But, any water you find that you can get your hands on has other things in it.

00:49:42 Carrie Host And boiling doesn't even do that much for things like lead. Doesn't it make the lead content worse?

00:49:46 Ross Host Oh, interesting. Because that's heavy and it doesn't get boiled out, so it become technically more concentrated?

00:49:51 Carrie Host Mm-hmm. Yeah.

00:49:52 Ross Host Okay. So, again, to my mind, this is not a good explanation. But I guess the important principle of homeopathy is that we have made that handshake, from physical now to energetic. And by continuing to dilute, we are only enhancing the energetic potency.

00:50:09 Carrie Host Okay. Well, those are certainly words a person can say.

00:50:12 Ross Host Yeah, okay, and here's where we get to something that I misunderstood and Carrie had to set me straight on. 'Cause she keeps using this term, "potency—"

00:50:20 Carrie Host Oh, right.

00:50:21 Ross Host And so I—

00:50:22 Carrie Host Well, who can blame you? The way she's using it is very counterintuitive.

00:50:25 Ross Host Yeah, I thought potency referred to like the physical scale, and then energy was on the other end of the scale. So you could either be more potent or more energetic. But no, no, no, no.

00:50:35 Carrie Host Which would make sense with the way we've been talking about this.

00:50:37 Ross Host Right. But, yeah, think of everything as an inversion here. So, as the substance gets smaller—

00:50:44 Carrie Host It is more potent.

00:50:45 Ross Host —it is more potent in homeopathy

00:50:46 Carrie Host Because the energy is stronger.

00:50:49 Ross Host Yeah. Yes.

00:50:50 Carrie Host Yes.

00:50:51 Ross Host And I remember as she was saying this, she was kind of twirling her hair and looking off to the side.

00:50:54 Carrie Host Yeah, she does twirl her hair a lot.

[Ross giggles.]

And she explained that very important to this whole theory is Av-ro-gado's number.

00:51:04 Ross Host *[Chuckling]* Yeah, well she had it written wrong on the slide. And—

00:51:07 Carrie Host Mm-hmm. Av-ra-ga—I'm looking at it. Av-ro-gado.

00:51:11 Ross Host Avril Lavigne. Avril Lavigne's—

00:51:13 Carrie Host *[Chuckles]* And an avocado!

00:51:14 Ross Host Avril Lavigne's number. Oh yeah, with an avocado. If they had a baby, it'd be Avrogado's number.

[Carrie laughs.]

Uh, so, yeah, Avogadro's number is a way of kind of knowing from the mass of a substance how many molecules are in a mol of a substance. Uh, so it's a constant. 6.022×10^{23} rd.

00:51:36 Carrie Host Don't look at me.

00:51:37 Ross Host Something like that.

00:51:38 Carrie Host I don't know. My mom's allergic to avocados, so I didn't grow up with a lot of it.

00:51:41 Ross Host Let's make sure I don't get that wrong. Well, that's truncated a bit. 6.022 , and it trails on. But, yes, $\times 10^{23}$ rd power. So that helps you do that math. That's an important number to have. But she was saying essentially, that because we know that number, using a little bit of actual, empirical science, we can know something about how much substance we would expect in a certain volume. And they realize then that that means that after a certain point, you just—you don't have that substance in there anymore—

00:52:11 Carrie Host Right.

00:52:12 Ross Host—in a homeopathic preparation.

00:52:13 Carrie Host We dip our toe into the world of evidence and science when we feel it serves us, and then we pull that foot right back out.

00:52:20 Ross Host Yeah, when it serves us, uh, we love it.

00:52:22 Carrie Host Mm-hmm.

00:52:23 Ross Host That's good science.

00:52:24 Carrie Host *[Chuckles briefly]* She also said—I loved this—she said, “And because this is energy, it's not so easily understood in terms of physics, right?” I was like, “That's one of the primary things physics studies—“

00:52:34 Ross Host Ah, yeah. Mm-hmm.

00:52:35 Carrie Host “—is energy.” But she's added—“It's more understood in terms of nanophysics and nanomedicine.”

[Ross sighs deeply.]

Okay. Tell me more. Oh, that's it? Okay.

[Ross chuckles briefly.]

So you just added the word, “nano.”

00:52:47 Ross Host If you wanted to use Einstein to equate matter and energy, then you have to accept that energy is part of—

00:52:55 Carrie Host Mm-hmm.

00:52:56 Ross Host —the realm of physics. But you are using, “energy,” in a very different way, and using his use of, “energy”—which is the accepted one—to subsidize your idiosyncratic definition of, “energy.”

00:53:07 Carrie Host It would be funny to just ask her, like, “What kind of scientists was Einstein?”

[Ross laughs.]

And see what happens.

00:53:12 Ross Host Right. Right. Yeah. He wasn't a metaphysicist.

00:53:16 Carrie Host One of my biggest frustrations during the 2016 debates was I just wanted someone to ask Trump, like, “What's the capital of Michigan?” Just like—

00:53:25 Ross Host Yeah.

00:53:26 Carrie Host —something super, like—a school child might know, a full-grown adult might not know, but you should know if you are a politician.

00:53:32 Ross Host “Where do you find Kansas City?”

00:53:33 Carrie Host Right! *[Giggles]* Yeah, right.

00:53:35 Ross Host *[In a Southern US accent]* Kansas!

00:53:36 Carrie Host Cause I think it would just be a fucking shitshow.

00:53:37 Ross Host Technically...part of it. I've fantasized about asking him on television, “Explain the significance of Easter.”

00:53:44 Carrie Host Oh, yeah. Yeaahh.

00:53:45 Ross Host You know? Or...I—just like the basic Bible questions.

00:53:49 Carrie Host Totally.

00:53:50 Ross Host Cause I don't think he'd know 'em.

00:53:51 Carrie Host Oh, there's no way. There's no way. Yeah, name—

00:53:54 Ross Host Mr. Two Corinthians.

[Carrie laughs.]

Like, just tell me one thing Jesus said.

00:53:59 Carrie Host Mm-hmm. Yeah.

00:54:00 Ross Host I would love to hear his answer.

00:54:02 Carrie Host It would probably be like, “Do unto others as you would have them do unto you.” Something like that. You, would you acc—

00:54:07 Ross Host I will—I would accept that.

00:54:08 Carrie Host Mm-kay. Alright.

00:54:09 Ross Host Yeah. But I imagine it would be, “The Lord helps those who help themselves.”

00:54:12 Carrie Host Oh, right. One of those apocryphal—

00:54:13 Ross Host Or something like—something that sounds—right, like, adjacent to the Bible, but not actually in it.

00:54:18 Carrie Host Mm-hmm. Or like some very weird summary. Like, “[*Imitates Donald Trump’s voice*] Well, you do to Bill what Jane wants, because Jane wants to be treated like Bill.”

00:54:26 Ross Host [*Laughs*] Yeah, right.

00:54:28 Carrie Host Okay, I think I know where this is headed.

00:54:29 Ross Host Mm. You might have heard something that sounded like it once—

00:54:33 Carrie Host Right

00:54:34 Ross Host —when you were...

00:54:35 Carrie Host Eight.

00:54:36 Ross Host ...walking past Norman Peale’s....

00:54:37 Carrie Host [*Laughing*] Right.

00:54:38 Ross Host ...presentation. Or ask him, like, “Oh, what is your favorite miracle that Jesus performed?”

00:54:42 Carrie Host Mm.

00:54:43 Ross Host I just bet he’d be flummoxed. Like—

00:54:44 Carrie Host “[*Imitating Donald Trump*] My own birth.”

00:54:45 Ross Host Yeah [*chuckles briefly*]. “[*Imitating Donald Trump*] Uh, you know, the water, how he moved the—uh, the—uh, he was so powerful with water. He was great with water. I mean—“

00:54:51 Carrie Host “[*Continuing the impression*] And you know, people say I’m great with water.”

00:54:53 Ross Host [*Laughs*] Right.

00:54:54 Carrie Host “[*Continuing the impression*] They say, ‘You put the memory in water.’”

00:54:57 Ross Host The—the answer would swirl back to him. Anyways.

00:55:01 Carrie Host [*Chuckling*] Anyway.

00:55:02 Ross Host *[Carrie makes a few affirming sounds as Ross speaks.]*

Another thing she clarified for us here was that sometimes when you're looking at a homeopathic preparation, it'll say, "30 C," or, "100 C." But sometimes it'll say, "X," and that's a different scale. So, also with the Roman numerals, it just means ten.

00:55:17 Carrie Host Ten.

00:55:18 Ross Host Which means—it seems like, X is sort of like the lazier man's approach to homeopathy. That's when you only have nine drops of the pure alcohol to one drop of the substance. And then you shake that up and then—which seems—that's ridiculous. That's so little. But you're only doing these multiples of ten, rather than multiples of 100. And so much higher numbers—I guess a 2 X would be the same as 1 C, I guess by that logic? 10 x 10 would be 100.

00:55:46 Carrie Host That...makes sense, yeah.

00:55:47 Ross Host And so then the way the exponentiality grows, the C is far more rapid.

00:55:52 Carrie Host This is where homeopathy gets really complicated. 'Cause I have seen on—especially on cough drops, where it'll say, "homeopathic," and then I turn it over and it says, "This particular ingredient at 2 X—" which probably still leaves something in there—

00:56:08 Ross Host Mmm

00:56:09 Carrie Host So, they're just co-opting this term, "homeopathic—"

00:56:10 Ross Host Right.

00:56:11 Ross Host —to give you actual medicine. And now you've got a whole other freaking problem.

00:56:15 Ross Host *[Carrie makes a few affirming sounds as Ross speaks.]*

Yeah, you've got to be kind of careful about that, because something that we've done before and is kind of a—just a common response to homeopathy is to say, "Hey, well, let's overdose on this. Let's take a bunch of it at once," just to kind of demonstrate that this isn't dangerous. But also that means it's probably not helpful either. It doesn't really do anything. And so you take a bunch of pills at the same time, but sometimes things are marketed as homeopathy, and they have active ingredients in them, like zinc. So, definitely do read the back of the substance before you go and take a—a jar-full.

00:56:51 Carrie Host Especially if it's in those X's, because that means they were dealing with much smaller dilutions.

00:55:56 Ross Host So that means they're less...potent? Ah!

00:56:58 Carrie Host Mm...less potent to her, yes. Rena would say less potent—

00:57:01 Ross Host And more potent to us.

00:57:03 Carrie Host *[Chuckles]* Yeah. More potent to the human body, but to the energy body, less.

00:57:07 Ross Host *[Chuckles]* I hope that all makes sense now.

00:57:09 Carrie Host *[Chuckles]* So then we also learned about the law of resonance. That had something to do with the water. And she said, “You know, the way you can understand this is if you have two tuning forks at the same frequency and you put them next to each other, they stop vibrating? The vibrations cancel one another out?” Had you ever heard that?

00:57:27 Ross Host Okay. Well, the way I was hearing her describe this, was that, if you put these next to each other, they’ll start to bounce off of each other and create something new—

00:57:34 Carrie Host Ah.

00:57:35 Ross Host —that was not inherent in either of them.

00:57:37 Carrie Host Oh, interesting. Okay.

00:57:38 Ross Host *[Carrie makes a couple of affirming sounds as Ross speaks.]*

Though, at least within sound—I—I mean, this is how noise-cancelling headphones work—you can take a—an oscillation pattern, essentially, vibrational pattern and invert it and cancel it out, essentially. So that could be part of it as well. But—

00:57:53 Carrie Host Well, it sent me on a YouTube rabbit hole—

00:57:55 Ross Host Oh, okay.

00:57:56 Carrie Host —looking at, uh, science experiments for kids where they used tuning forks—

00:58:00 Ross Host Yeah!

00:58:01 Carrie Host —and I ended up being a big fan of a guy—I’m going to show you his picture—because he always has this goggles-based sunburn.

00:58:07 Ross Host Oh, yeah. I noticed you posted the picture of this guy. Okay.

00:58:10 Carrie Host *[Laughs]* Anyway, that’s all. But he did the experiment, and it—yeah, it—basically, you can get it to sympathetically vibrate by, you know, you hit this one and the other one responds.

00:58:19 Ross Host Oh, okay.

00:58:20 Carrie Host So, it’s just cool.

00:58:21 Ross Host Yeah, alright. A lot of cool things you can do with tuning forks. Uh, does that mean the law of resonance is true?

00:58:25 Carrie Host Yes.

00:58:26 Ross Host Okay.

00:58:27 Carrie Host ‘Cause the energy body is the same way. Like cures like.

00:58:31 Ross Host So, I guess the—the important takeaway here is that by influencing energy, you can create something new.

00:58:38 Carrie Host Yeah, I think it’s another like-cures-like thing.

00:58:41 Ross Host Okay.

00:58:42 Carrie Host So, you’re introducing into your body a thing that’s on the same frequency or resonance or whatever, and instead of them both staying the same, the sum is greater than the parts.

00:58:53 Ross Host Okay.

00:58:54 Carrie Host I guess.

00:58:55 Ross Host Okay. Well—

00:58:56 Carrie Host But we are—uh, you know, I think we’re saying the same thing over and over. Or she’s saying the same thing over and over in different ways.

00:58:59 Ross Host Yeah. So the idea is, uh, whatever substance you’ve used, it has sort of an energetic imprint. And it’s now gonna go into your own personal energetic imprint and work with it to begin this healing process.

00:59:13 Carrie Host Yes.

00:59:14 Ross Host Phew!

00:59:15 Carrie Host So, some people will have mild symptoms. Other people will have more severe symptoms of the same illness. And she said, “If you have more intense symptoms, if you’re on the verge of collapse or have already collapsed—”

00:59:29 Ross Host Mm-hmm?

00:59:30 Carrie Host “—go with higher potencies.”

[Ross chuckles.]

Meaning higher dilutions.

00:59:34 Ross Host No, go to a doctor, please!

00:59:36 Carrie Host Because you need to get to that energy body. Yeah, can you imagine someone’s like collapsing in front of you, you’re like, “Hold on! I have a hundred C’s of onion!”

00:59:45 Ross Host *[Laughs]* Though, wait a second, so that means you would need—if it was—oh, you go for higher potency in that case. Okay.

00:59:53 Carrie Host Uh-huh!

00:59:54 Ross Host Okay. Oh, goodness.

00:59:55 Carrie Host *[Laughs]* Not that the lower potency would do anything either, but—

[Ross makes a thoughtful sound.]

—yeah, higher dilution.

01:00:00 Ross Host Alright.

01:00:01 Carrie Host Um, and then she said, if someone is on the verge of death, they would probably need a higher potency—*[laughing]*—meaning higher dilution—to meet that disturbance that’s happening on the energetic body.” Someone is dying in front of you...

[Ross chuckles.]

...and you’re like, “Gotta make sure that it’s very thin homeopathy.”

01:00:21 Ross Host Uh, this is, uh, where everybody things of that homeopathic ER, uh—

01:00:25 Carrie Host Oh, yeah.

01:00:26 Ross Host —sketch that Mitchell and Webb did. We’ve seen this, uh, many times. If you haven’t seen it before, check it out. They kind of show what an emergency room would look like if—

[Carrie makes a thoughtful sound.]

—all of the doctors were homeopathic. “Quick, quick! Get him on a drip of...you know, 100 C’s—“

01:00:40 Carrie Host Apis!

01:00:41 Ross Host Right, yeah. “Something very, very dilute, just barely touch him with it.” Uh, it’s good times. Good times.

01:00:47 Carrie Host *[Chuckles]* So, Ross, did you know that we have actually known for a long time that the memory of a substance imprints itself on alcohol and water?

01:00:56 Ross Host Have we known that a long time?

01:00:57 Carrie Host We’ve known it since 2009.

01:01:01 Ross Host Uh, that’s not as long as I would have thought from—

01:01:03 Carrie Host WeeIII, that’s Nobel-prize-winner Luc Montangier discovered that there are electromagnetic signals, or basically nanostructures, in the form of nanoparticles, in ultra-diluted homeopathic remedies. So essentially, homeopathy is a nano-medicine.

01:01:23 Ross Host Okay.

01:01:24 Carrie Host Mm-kay?

01:01:25 Ross Host So, I’m guessing this is not what this person got their Nobel prize for.

01:01:30 Carrie Host Correct. He got his Nobel prize for co-discovering the AIDS virus, HIV.

01:01:37 Ross Host Oh, hey! Okay.

01:01:38 Carrie Host Yeah. Legit guy. And—

01:01:40 Ross Host So, he’s looking at homeopathic preparations and he’s detecting a lot of nanoparticles in them?

01:01:47 Carrie Host According to her telling, he discovers that there are electromagnetic signals, uh, in the water even though the substance is gone. Had to go and look this up.

01:01:56 Ross Host Yeah.

01:01:57 Carrie Host So...he did publish a paper. It was a non-peer-reviewed paper.

01:02:01 Ross Host Okay.

01:02:02 Carrie Host But it argued that bacteria can re-arise in substances that were previously thought to be sterilized.

01:02:08 Ross Host Oh, interesting. Okay.

01:02:09 Carrie Host Which probably mostly suggests a limitation in our ability—

01:02:13 Ross Host Ability to measure the presence of those substances, or those—

01:02:15 Carrie Host You'd think.

01:02:17 Ross Host —bacteria.

01:02:18 Carrie Host Right, which is important.

01:02:19 Ross Host Yeah!

01:02:20 Carrie Host Like, sterilization is very important.

01:02:21 Ross Host Yeah!

01:02:22 Carrie Host So, he went on to—to theorize that there maybe was some sort of signal coming out the bacteria, which is unusual. That's a strange way to look at it. There's a really good writeup by Harriet Hall on this, if you want to really do a deep dive. But, here's what's really great. There was a CBC reporter named Erica Johnson who did a story about this. And she reached out to him, and said, "Okay, but what do you think about homeopaths using your work, uh, in order to promote homeopathy?"

01:02:48 Ross Host Mm-hmm.

01:02:49 Carrie Host And he said his results could not be extrapolated to the products used in homeopathy.

01:02:54 Ross Host Okay!

01:02:55 Carrie Host Done.

01:02:56 Ross Host That's such a scientific response, too.

01:02:57 Carrie Host *[Chuckles]* Right.

01:02:58 Ross Host That's a very measured—alright, well, good for him.

01:03:01 Carrie Host Definitely. And then, of course, we heard about Dr. Emoto's water studies.

01:03:04 Ross Host But it's understandable why they would use that paper—

01:03:07 Carrie Host Mm-hmm.

01:03:08 Ross Host —because like cures like.

01:03:09 Carrie Host *[Chuckles]* Oh, wait. Okay, what does that mean?

01:03:12 Ross Host So, this paper—

01:03:13 Carrie Host Uh-huh.

01:03:14 Ross Host —sounds something like the claim we're making—

01:03:15 Carrie Host *[Laughing]* Oh, I see.

01:03:16 Ross Host —and it cures—

01:03:17 Carrie Host So it makes the claim go away.

01:03:18 Ross Host It cures our lack of evidence.

01:03:22 Carrie Host *[Laughs]* So then, of course, we heard about Dr. Emoto.

01:03:24 Ross Host Oh, yes.

01:03:25 Carrie Host One of our favorite people.

01:03:26 Ross Host She mentioned, uh, “Some of you may have heard about how water can be imprinted.” And so, uh, I wrote, “Dr. Emoto?,” question mark.

[Carrie giggles.]

And so she said, “Oh! Someone has heard of this. Yes. Dr. Emoto.” Of course. He *always* has to be introduced into any of these discussions.

01:03:42 Carrie Host Made famous by *What the Bleep Do We Know?* the documentaryyy?

01:03:46 Ross Host Quote-unquote.

01:03:47 Carrie Host Where they talked about all sorts of new-age and occult claims. But in particular, they highlighted this—this man Masaru Emoto, who claimed that he could talk to water and then freeze it. And the water that he said nice things to would freeze into these beautiful shapes, these beautiful snowflake-like designs. And the ones that he was mean to would freeze into ugly, disgusting shapes.

01:04:16 Ross Host [Chuckles] Yeah.

01:04:17 Carrie Host Very thoroughly discredited research.

01:04:20 Ross Host It's just one of those ones where you think, “Who...would believe that for a second?”

01:04:26 Carrie Host [Laughs] That was a long pause. I believed that for a second.

01:04:30 Ross Host You tried it.

01:04:31 Carrie Host Yes. I also tested it. I watched *What the Bleep* when I still—

01:04:34 Ross Host Oh, okay.

01:04:35 Carrie Host —believed that sort of thing. And I was like, “This is amazing.”

01:04:37 Ross Host Alright. Yeah.

01:04:38 Carrie Host Yeah.

01:04:39 Ross Host Well, we hear it a lot. It really resonated with people.

01:04:42 Carrie Host Mm. A lot of resonance, yeah.

01:04:43 Ross Host They really have a memory—

[Carrie laughs.]

—of that experiment. And it comes up all the time in our investigations. He wrote the book, *The Hidden Messages*. And I have this long list of books that I really want to read that are kind of foundational—

01:04:57 Carrie Host Mm-hmm.

01:04:58 Ross Host —to some of these—I would say—bad ideas. So that's one of 'em. Uh, also, Samuel Hahnemann's book that kind of started all of this, *The Organon of Medicine*.

01:05:07 Carrie Host Yeaahh.

01:05:08 Ross Host Um, I—I feel like I need to set a summer aside, or something, and just read a lot of these foundational texts.

01:05:13 Carrie Host That'd be fun.

01:05:14 Ross Host Yeah.

01:05:15 Carrie Host So, good news, everybody. Rena is working with a pharmacist who's putting together a 50-remedy kit for treating coronavirus with homeopathy.

01:05:22 Ross Host Phew!

01:05:23 Carrie Host She recommends we all get the kit.

01:05:24 Ross Host Mm-hmm, of course.

01:05:26 Carrie Host They are remedies that have been working around the world. And it's pretty interesting, because she said in the past during an outbreak, there would be like one to two remedies that work for everybody.

01:05:36 Ross Host Mm-hmm.

01:05:37 Carrie Host But with this virus, there are such different symptoms in different regions—accurate—and so there are about 25 different remedies that work on this. And she said, "And that could be because it's mutating so quickly." But again, I'm like, "Okay, wait. It's mutating so quickly. So we're back to talking about the physical body."

01:05:52 Ross Host So—right, right. Now we're talking about a cause of a disease—

01:05:57 Carrie Host Right.

01:05:58 Ross Host —on the physical realm rather than just symptoms.

01:06:01 Carrie Host Yeah.

01:06:02 Ross Host What's going on? Aren't the symptoms very similar?

01:06:04 Carrie Host Mm-hmm.

01:06:05 Ross Host Hmm. By the way, I will—I will note, any time she would see the little chat icon light up with a new notification, she would immediately go jump on it, "Oh, oh, yes! Let me answer your question." And I asked around this time, "Do you ever need to clear previous imprinting of the water or alcohol?"

01:06:22 Carrie Host Oh, yeah.

01:06:23 Ross Host Cause I wanted to get her to at least respond to that. She did not, uh...either see that or answer that.

01:06:29 Carrie Host Hmm.

01:06:30 Ross Host But I did try asking again later. So, we'll get to that.

01:06:31 Carrie Host Oh, okay. Good.

01:06:32 Ross Host Just letting it be known.

01:06:34 Carrie Host *[Chuckles]* Um, soon after this, we got to one of the more bumper things she said. So, she said that one of the remedies that she wanted to have in the kit but wasn't able to—

01:06:44 Ross Host Ohhh, yes.

01:06:45 Carrie Host —*[chuckles briefly]* was homeopathic cyanide.

01:06:48 Ross Host Hydro cyanide acid.

01:06:50 Carrie Host And she said, “That works especially well for people with ancestral trauma.” She said, “For example, the surviving family of Holocaust victims, people with collective trauma of genocide, because—“

01:07:01 Ross Host *[Exhaling the first word, upset]* God. Goddamn, let's—let's give them an infinitesimally small amount of cyanide.

01:07:08 Carrie Host And then of course she has to go on to explain, “Because cyanide was used in World War Two to gas people.”

01:07:14 Ross Host Yeah, yeah we know why this is offensive *[chuckles]*.

01:07:15 Carrie Host Yeah, we get it. Yeah. *[Quietly]* And then she also kept using the word, “gypsies,” which is just not—not—not the appropriate word. *[Regular tone]* Oh, man. And then she said, “Oh, African-Americans will respond well to this as well.” And I was like, “Okay, so just—“

01:07:28 Ross Host Wait, yeah, just—

01:07:29 Carrie Host —anybody who's—

01:07:30 Ross Host Has been maltreated—

01:07:31 Carrie Host Yeah, who's been oppressed?

01:07:32 Ross Host —can be fixed by this because the—

01:07:35 Carrie Host Of World War Two?

01:07:36 Ross Host —Nazis used it?

01:07:37 Carrie Host Yeah. What? That don't make no sense.

01:07:40 Ross Host So if you—

01:07:41 Carrie Host I was with you the entire time.

01:07:42 Ross Host *[Chuckles]* If you're feeling put-upon as a homosexual, then yes, this cyanide is also for you.

01:07:46 Carrie Host Oh, right, yeah. Or a woman! Yeah. Should I be taking it?

01:07:50 Ross Host Right?! But I guess it's a similar energy, but it—

[Carrie sighs.]

—she made it very clear that not everybody can make this. But she said that, “If you reach out to me, I have a provider. The I & E Organics. They can make this preparation.”

01:08:05 Carrie Host She knows a guy.

01:08:06 Ross Host “So let me know on the side, and I'll get you some side cyanide.”

01:08:10 Carrie Host Yeah, I really wanted the—the nosode. But it seems like you had to, like, meet with her, like become a patient officially to get the nosode. Obligated.

01:08:17 Ross Host Mm. Mm-hmm. She wanted to know you could handle it.

01:08:20 Carrie Host Mm-hmm.

01:08:21 Ross Host *[Sighs]* Yeah. That was, um...I don't like that.

01:08:23 Carrie Host *[Ross makes a few affirming sounds as Carrie speaks.]*

So, she also differentiated between taking a wet dose and a dry dose. As you might imagine, a wet dose is taken with water. But it's very counterintuitive to me which one you give. So if someone has high fever—like over 102—you consider them to have a strong vital force, 'cause their body is working to fight off the pathogen. Okay. So them—you give a dry dose. You force them to swallow it without water.

01:08:51 Ross Host Oh. Yeah, that is counterintuitive.

01:08:53 Carrie Host Right?

01:08:54 Ross Host 'Cause it seems like the person who's really hot, feverish, would be like, *[raspy, quiet voice]* "Water."

01:08:59 Carrie Host Yeah. And then has like a really sticky mouth, and you don't want them to choke on anything.

01:09:03 Ross Host Right. It would help it get down.

01:09:05 Carrie Host Get down. Get down with it. But if a person has a weak vital force—so, example, no fever, feeling fine—you're gonna want to water dose that.

01:09:15 Ross Host O. Kay.

01:09:16 Carrie Host So, I mean, should I just be water dosing you right now? 'Cause nothing's happening?

01:09:20 Ross Host *[Sighs, then, sounding tired]* I guess so.

01:09:21 Carrie Host *[Laughing]* I don't know.

01:09:23 Ross Host Yeah, so you can take that capsule or that sugar pill and just put it in a bunch of water. Which seems like an additional succussion—

01:09:30 Carrie Host Yeah.

01:09:31 Ross Host —process, but whatever.

01:09:32 Carrie Host Yeah, well, she also said that you can, like—you can take this kit and make your own homeopathy forever, by just putting in water.

01:09:39 Ross Host O. Kay. Yes. That's the thing that annoys me.

[Carrie laughs.]

So...the rest of this is fine. I—I accept it. But the idea that you can make your homeopathic preparation—let's say you're running low. Well, just take a drop of that and put it in a new container of water, and then you're good to go for another ten years or whatever.

01:09:59 Carrie Host Yeah. That's what she said.

01:10:01 Ross Host Uh—wh—why do we then have a homeopathic industry?

01:10:03 Carrie Host *[Amused]* Uh-huh.

01:10:04 Ross Host Why do people need to buy any of this?

01:10:06 Carrie Host So—and also why can't—

01:10:08 Ross Host If it's no different, why do we care about the C's or the X's or anything?

01:10:12 Carrie Host Uh-huh. And how about, I put it in a cup of water, and I take that, and I pour it in the ocean? Now everybody's got it.

01:10:18 Ross Host Right!

01:10:19 Carrie Host End of homeopathy! Don't need it anymore.

01:10:20 Ross Host By the same logic, right?!

01:10:22 Carrie Host Yeah!

01:10:23 Ross Host Right?

01:10:24 Carrie Host Flush it down the toilet. You've helped the whole world.

[Ross makes an exasperated sound.]

It don't make no sense.

01:10:28 Ross Host Speaking of things that don't make sense, okay, so she was talking about how to store your homeopathy. And she said you want to keep it in a cool, dry place. Keep it away from phones.

01:10:38 Carrie Host *[Chuckling]* Oh, right.

01:10:39 Ross Host Keep—keep it away from Wi-Fi routers.

01:10:41 Carrie Host That's important.

01:10:42 Ross Host Any radiation, you know, just try to protect it as best you can. And I'm thinking, "Oh, come on. Cosmic radiation at every moment is inner-penetrating this water of yours or the sugar pills, from every direction." It's a futile effort to protect it from that.

She was also saying, "Don't leave it out in the car or the sun, because all of these things—if you get it expose to too many of these factors—the heat, the sun, what have you—it will—"

01:11:07 Crosstalk Crosstalk **Ross and Carrie:** Antidote

01:11:08 Ross Host "—it."

01:11:09 Carrie Host *[Thoughtfully]* Yeeeah.

01:11:10 Ross Host Antidote. So she said, "Oh, yeah. I k—I have this backpack and I keep a first aid kit." Oh, she kept saying, "first aid kit." Don't call it a first aid kit, 'cause when I hear that someone has a first aid kit, I think that they're gonna have some antiseptic—

01:11:24 Carrie Host Mm-hmm. A tourniquet.

01:11:26 Ross Host Right. A—a Band-Aid or two.

01:11:28 Carrie Host Mm-hmm.

01:11:29 Ross Host Uh, some gauze. Uh—

01:11:30 Carrie Host Snake bite kit.

01:11:31 Ross Host Some—maybe some Aspirin or something. And you’ve got a bunch of homeopathy in your backpack—

[Carrie chuckles.]

—that you walk around with all the time. Uh, but she said, “Oh, yeah, I’ve accidentally left it out in the car and then come back and, ugh, it’s antidoted. I have to get rid of it all and start over again.”

01:11:46 Carrie Host But she also said, going through an x-ray is supposed to antidote it, but she’s had to do that a number of times at the airport, and they still work. And then she said, “And trust me, I try to take it out and—*[giggles]*—walk through with it, but they won’t let me.” And I’m picturing her like, “*[Small, soft, pinched voice]* Eh, no, you don’t understand.”

01:12:01 Ross Host “*[Imitating Carrie’s voice]* It’s homeopathic.”

01:12:02 Carrie Host “*[Continuing the voice]* It’s my homeopathic medicines.”

01:12:04 Ross Host “*[Continuing the voice]* I need—*[sighs]*.”

01:12:06 Carrie Host “*[Deeper, firm voice]* Yeah, lady. Yeah, yeah, yeah. Put it on through.”

01:12:08 Ross Host So then I asked later on, “How can you tell if something’s been antidoted. What if somebody—“

01:12:14 Carrie Host Yeah!

01:12:15 Ross Host “—hit it with a hair dryer when you weren’t looking, because hairdryers—“

01:12:17 Carrie Host Yeah. A dirty motor held at your head.

01:12:20 Ross Host That’s essentially what a hairdryer is.

01:12:23 Carrie Host *[Chuckles]* Uh-huh.

01:12:24 Ross Host And it’s been antidoted. She said, “Oh. Okay. Well, usually I would say the easiest way to tell is to use it, and if it doesn’t work, it’s been antidoted *[laughs]*.”

01:12:33 Carrie Host Oh. Hmm.

01:12:36 Ross Host So, if you’re homeopathic preparation is not even meeting your standards—

[Carrie laughs.]

—for efficacy, then you could say, “Oh, probably got antidoted at some point.” But she said she will also often use a pendulum and—

01:12:48 Carrie Host Yes.

01:12:49 Ross Host —kind of swing it over and ask it, “Oh—are you—how are you doing—“

01:12:52 Carrie Host Mm-hmm.

01:12:53 Ross Host “—homeopathic remedy?” And then it will either nod yes or no.

01:12:57 Carrie Host That’s where you really tip your hat to the fact that, oh, you really are dealing with, like, some pretty outside-the-bounds-of-evidence stuff.

01:13:06 Ross Host Are you feeling you’ve gotten your \$55 worth yet?

01:13:09 Carrie Host Nah. You know, ‘cause we aren’t talking that much about COVID-19 yet.

01:13:12 Ross Host Oh, good point. Alright, well, let’s keep going.

01:13:13 Carrie Host So—so, let’s. So, she gave us a little preview of what we were going to talk about on Wednesday. She said we’re gonna talk about prevention. Okay. Sounds good. And then she said, “It would really help for herd immunity for all of us to just go ahead and contract this disease, because there are ways to get it without being symptomatic.”

01:13:31 Ross Host So, she said, “It would be the best thing in the world if all of us just went out right now and just got COVID-19!”

01:13:39 Carrie Host Mm-hmm.

01:13:40 Ross Host “Just do it. Get it over with.”

01:13:41 Carrie Host “But don’t get any symptoms.” So, she obviously knows part of the information, which is that you can carry it without being symptomatic. She seems to think we have control over who’s going to be symptomatic. Therein lies the issue, ma’am.

01:13:54 Ross Host It would not be the best thing ever, because yes, everybody would then have COVID-19. Many of them would have horrible symptoms, and they would need a hospitalization. But uh-oh, the hospital is filled with other people who are also struggling with COVID-19.

01:14:09 Carrie Host Mm-hmm.

01:14:10 Ross Host Many of them will be dying. And more people will die, period.

01:14:13 Carrie Host And to be a carrier without symptoms is one of the most dangerous things you can be, because no one even knows to stay away from you.

01:14:20 Ross Host Mm-hmm.

01:14:21 Carrie Host Hmm.

01:14:22 Ross Host Sooo, she kept saying that.

01:14:23 Carrie Host Yeah, and then she said, “There are ways to educate our bodies to ward this virus while still saying healthy and not getting sick.” And I was like, “Yeah! A fucking vaccine! When we get a fucking vaccine, it will do exactly what you just described.”

01:14:35 Ross Host Mm-hmm!

01:14:36 Carrie Host But we aren’t there yet.

01:14:37 Ross Host Mm-hmm!

01:14:38 Carrie Host And we are so freaking impatient that we are just like, “There just has to be a way. We have to be able to do it right now—“

01:14:43 Ross Host Right, right. And because the medical establishment hasn't generated it yet doesn't mean that we can then rely upon proposed method—

01:14:52 Carrie Host Right, right.

01:14:53 Ross Host —that has no efficacy.

01:14:55 Carrie Host *[Ross makes a couple of affirming sounds as Carrie speaks.]*

Yeah, you hear this so much and it—it's understandable, but this, like, "Well doctors didn't have any answer for me." Okay. Well that sucks. It doesn't not suck. But it also means someone who could have sold you something bogus chose not to, to be honest with you that they didn't know the solution. That's actually, like, a pretty strong marker of honesty.

01:15:16 Ross Host Right, let's just be aware of our ignorance where it is. Feel it's very similar, too, to how many people debate about God's existence or creationism vs evolution, will go straight to, "Well, do you know exactly how all matter was created?" Well, no!

[Carrie chuckles.]

We have some—some ideas, some theories, but yeah, we don't know exactly. "Ah-ha! Well, I do! I know!"

[Carrie laughs, then makes a few affirming sounds as Ross speaks.]

Like, "Well, you're very confident, but that doesn't mean that this answer that's been passed down for generations from someone who knew next to nothing in a pre-scientific era—doesn't mean that that is now all of the sudden the best answer because you're more sure of it."

01:15:54 Carrie Host You say you know. I disagree with that, too.

01:15:57 Ross Host *[Laughing]* Yeah.

01:15:58 Carrie Host Yeah.
[Ross sighs.]

Oh, also. *[Chuckles]* You know, you asked that question about clearing imprintings on water or alcohol.

01:16:05 Ross Host Yes.

01:16:06 Carrie Host So, she did say that distilled water is best.

01:16:09 Ross Host Mm-hmm.

01:16:10 Carrie Host She said you can boil or filter your water, but she specifically said, "Do not get Dasani."

01:16:17 Ross Host *[Chuckles]* Oh, right.

01:16:18 Carrie Host *"[Chuckling]* That is not healthy water."

01:16:19 Ross Host Cause that's made by, what, the Coca-Cola company, or—

01:16:21 Carrie Host Or Pepsi, maybe.

01:16:22 Ross Host —Pepsi. One of those. Yeah.

01:16:23 Carrie Host Yeah. Um, but Fiji water, that is—

01:16:26 Ross Host Pretty good.

01:16:27 Carrie Host —that’s great. That’s great for detox.

01:16:28 Ross Host Pretty, pretty, pretty good.

01:16:29 Carrie Host *[Laughing]* Okay. So random.

01:16:32 Ross Host *[Chuckles briefly]* This class has been brought to you by Fiji water.

[Carrie chuckles.]

Oh, uh, another way, by the way—I—*[sighs]*—I feel like I really need to warn everybody. You can also antidote your homeopathy by exposing it to essential oil.

01:16:45 Carrie Host Oh, yes.

01:16:46 Ross Host Which is *essentially*—

[Ross and Carrie chuckle pointedly.]

—the opposite of homeopathy.

01:16:51 Carrie Host Oh, right.

01:16:52 Ross Host It is very—highly—

01:16:53 Carrie Host Some might say potent—

01:16:54 Ross Host —potent *[laughs]*.

01:16:55 Carrie Host —but of course, you’d be using that wrong.

01:16:56 Ross Host Uh-huh.

01:16:57 Carrie Host Okay, and then she also said that one of the ways that conventional medicine and homeopathy disagree is that conventional medicine views all viruses and bacteria as evil things we should never interact with. And while homeopathy acknowledges that there are 80 billion bacteria already alive inside of us, and—

01:17:16 Ross Host How did you learn that, homeopathy?

01:17:17 Carrie Host Right?! And 80 billion viruses already live inside us. A, no. Not correct about the viruses. Uh, we—we—you do have a viral load, but it’s not that. But, regardless, science is very aware—*[breaks off, laughing]*—that we need bacteria. That friendly bacteria are critical to survival. And that a lot of our DNA was made by viruses. No one’s in the dark about this in organized science.

01:17:42 Ross Host Yeah, that is not the message of science. In fact, I’m reading a really cool book right now called, “*I Contain Multitudes*—”

01:17:47 Carrie Host *[Chuckles]* Oh, cute.

01:17:48 Ross Host “*The Microbes Within Us*.” Yeah, that’s a great use of that, uh, that quote I think is a Whitman—

01:17:52 Carrie Host Whitman?

01:17:53 Ross Host —quote? Yeah.

01:17:54 Carrie Host Yeah.

01:17:55 Ross Host *[Carrie makes a couple of affirming sounds as Ross speaks.]*

Uh, by Ed Yong, and it's—it's all about how bacteria have gotten a really bad rap. It talks in a very even-handed way about both the good and bad bacteria. But, yeah. The vast multitude are essential to our living. We could not live without bacteria. So, yeah, I don't—I don't know what point she thought she was making there.

01:18:12 Carrie Host The mass of your body is about half bacteria.

01:18:15 Ross Host That's right.

01:18:16 Carrie Host Pretty wild. Uh, so someone did say, "Okay, so, you know, you've been talking about, like, the nosodes and how introducing this into your body allows it to prepare for when it encounters the actual virus. So is it a little like a vaccination?"

[Ross and Carrie chuckle.]

Wrong question.

01:18:31 Ross Host It's a good question.

01:18:33 Carrie Host Boy, she just, "*[Sighing sound, then in a higher, soft, pinched voice]* I don't want to say yes to that, and I don't want to say no to that."

[Ross chuckles.]

"[Continues imitating Rena's voice] Let me turn my webcam on." And then she turns on her webcam, and she's like rubbing her forehead and she's like stressed out and she's like, "Ahe—oh, I don't know—well, okay, it's—it's not the same as vaccines, because it's a different medical paradigm. In homeopathy, we believe that the energy body is the thing being attacked by the virus. But in conventional medicine, they think sickness is in the physical body so—so they put stuff in the vaccine like, you know, heavy metals and aluminum and DNA from other animal species, because they want to agitate the immune system and create an allergic response from the immune system."

[Regular tone] Very few words in that statement are so.

01:19:26 Ross Host *[Laughs]* Yeah, I—I never knew that.

[Carrie chuckles.]

Huh. Uh, every now and then she would drop in some substance and say, "Oh, people have been using that with coronavirus." Clearly, she has just dozens that she thinks have been really successful. Why aren't they...getting rid of this pandemic, then? Like why is this—

01:19:44 Carrie Host Mm-hmm.

01:19:45 Ross Host If this is so effective—

01:19:46 Carrie Host *[Pointedly]* Mm?

01:19:47 Ross Host —why are these homeopathic doctors not getting out there and letting people get into businesses, but screening them in advance and giving them Bryonia, which is working for—I couldn't tell if she said 15 or 50 percent of people with coronavirus, but, you know—

01:20:02 Carrie Host Oh, whoa. I missed that. Cool.

01:20:04 Ross Host —some significant percentage. Uh, another thing that she told us about homeopathy and, just, how to use it is to not just use it once and then shift and pivot and try something different. Give it time.

01:20:17 Carrie Host Mm.

01:20:18 Ross Host Sometimes, you know, the first time it won't fully work with your energetic body, but...you know, try a second and a third and even a fourth dose, but—

01:20:26 Carrie Host So, your friend collapses in front of you—

01:20:27 Ross Host *[Chuckles]* Yeah.

01:20:28 Carrie Host Give it time.

01:20:29 Ross Host “Eh, he's still collapsed.”

01:20:30 Carrie Host Huh.

01:20:31 Ross Host “Doesn't seem like it's working.”

01:20:32 Carrie Host Try a fourth dose.

01:20:33 Ross Host And, you know, she talked a little bit about how long to wait between doses, you know. Don't-don't-don't do it too often. But yeah, e—essentially, if at first it doesn't succuss, try, try again.

01:20:44 Carrie Host If at first it doesn't work, deny the situation to yourself.

01:20:48 Ross Host *[Chuckles]* Discard that data point. She also told us that distilled vodka is good for homeopathic preparations and storing, you know, whatever energetic signature it is. And she said that alcohol really is kind of the best medium because it lasts forever. It never goes bad.

01:21:04 Carrie Host Oh, right. I—I mean everything goes bad eventually, right?

01:21:07 Ross Host Nope, never.

01:21:08 Carrie Host Hm. Interesting.

01:21:10 Ross Host And—and then we got to the end of the c—actually, I think I had to go to another meeting. We were already nine minutes past. So, my notes stopped around here somewhere. And I pointed out, “Hey, sorry, I gotta—I gotta run. But, uh...thanks for all the fish.”

[Carrie chuckles briefly.]

And, uh, she said, “Oh, that's right. We're, uh, okay, yeah. We should wrap up.” But, uh, there was evening and there was morning the first day—

01:21:29 Carrie Host Mm!

01:21:30 Ross Host —of the class.

01:21:31 Carrie Host Mm-hmm. And I would tune into the video the next day. But on Wednesday—

01:21:36 Ross Host Yeah.

01:21:37 Carrie Host —’twas just me and her and two other people.

01:21:40 Ross Host Awkward.

01:21:42 Carrie Host Tiiiny group.

01:21:43 Ross Host Wow, okay, so half. Interesting. So, you know, people invested \$55, presumably, to take this course.

01:21:49 Carrie Host Mm-hmm.

01:21:50 Ross Host I just had obligations. I couldn’t be there. But yeah, wow.

01:21:53 Carrie Host But, yeah, little bit of attrition. But she was also putting all of the materials in a Google folder, so it’s possible people were like, “Eh, I can get it later.”

01:22:00 Ross Host That’s true. In—I—And in fact, I’ll give her credit for that.

01:22:02 Carrie Host Mm-hmm.

01:22:03 Ross Host For doing a really good job of following up with all of the materials—

01:22:05 Carrie Host Yeaahh.

01:22:06 Ross Host —making sure everything’s freely avail—well, \$55-ly available.

[Carrie chuckles.]

So, yeah. Kudos for that. So, yeah, next time we’ll—we’ll get to the meat of COVID-19 response with homeopathy.

01:22:19 Carrie Host These two non-meat-eaters will get to the meat.

01:22:23 Ross Host It might be vegan meat.

01:22:24 Carrie Host Yeah. It should be. Well, that’s it for our show.

01:22:27 Ross Host Our theme music is by Brian Keith Dalton.

01:22:30 Carrie Host Our administrative manager is Ian Kremer.

01:22:32 Ross Host Our editor is Victor Figueroa!

01:22:34 Carrie Host You can follow us on social media, did you know that? You can go to Facebook.co—

01:22:38 Ross Host What?!

01:22:39 Carrie Host I know!

01:22:40 Ross Host Wait, wait. Where on Facebook? Where? I’m checking Facebook.com—

01:22:41 Carrie Host *[Chuckles]* facebook.com/ONRAC.

01:22:44 Ross Host O-N-R-A-C

01:22:45 Carrie Host R-A-C. Like, “Oh No, Ross and Carrie.”

01:22:47 Ross Host *[Gasps]* Oh!

01:22:48 Carrie Host That's what that is.

01:22:49 Ross Host Oh, my goodness. That makes sense. Okay.

[Carrie giggles.]

I always wondered why you said that. Okay. Oh, look at all this. there's pictures.

01:22:55 Carrie Host Yeah.

01:22:56 Ross Host There's posts.

01:22:57 Carrie Host Videos.

01:22:58 Ross Host Oh. Conversations. Look at that. Ooh, other people I can—

01:22:59 Carrie Host If you've ruined America...

01:23:01 Ross Host —connect with. Yeah. This is great!

01:23:02 Carrie Host Mm-hmm. All good. A—

01:23:04 Ross Host You never told me this was here!

01:23:06 Carrie Host *[Laughs]* Yeah, I've been doing this the whole time, and I've been signing on as your name and posting things. Yeah.

01:23:10 Ross Host Thanks for doing that.

01:23:11 Carrie Host No prob. And then there's, uh, Twitter, of course. Find our Twitter !!OhNoPodcast. Oh! And by the way, also we have a YouTube, and I did finally put up the—

[Ross giggles.]

—David John Oates episode, fully in reverse. So you have 2.5 hours to listen to a nonsense and try to pick out words.

01:23:28 Ross Host We have a YouTube, and Carrie made a YouTube.

01:23:30 Carrie Host Mm-hmm!

01:23:31 Ross Host It's always one of—

01:23:32 Carrie Host And I maaade a YouTube. Did I say that?

01:23:33 Ross Host No, you just said, "We have a YouTube."

01:23:34 Carrie Host Ah.

01:23:35 Ross Host And it made me think of people I've known who—you know, in their seventies have said, like, "Oh, I saw a YouTube the other day."

01:23:41 Carrie Host I like when people say, "we're making a viral video."

01:23:44 Ross Host *[Laughs]* Oh, yeah.

01:23:45 Carrie Host Are you? Well, that's a lot of confidence!

01:23:47 Ross Host And very often, people will use the verb, "see," in relation to our show. "Oh, I saw your show recently."

01:23:52 Carrie Host Ah, sure. "I watched it."

01:23:54 Ross Host "I watched your podcast."

01:23:55 Carrie Host Mm-hmm.

01:23:56 Ross Host Good. Thanks for watching, everybody.

01:23:58 Carrie Host Now I'm picturing everyone, like, holding their phones up to their faces the whole time—

[Carrie and Ross laugh.]

"Don't want to look away. Something good's gonna happen now *[laughs]*."

01:24:03 Ross Host Yeah, you—*[breaks off, laughing]* now I feel like I've let them down.

[Carrie guffaws in the background.]

"The logo's staying steady! But something gonna happen!"

You can support us. If you like this, if you want us to keep making this podcast, consider becoming a member at MaximumFun at MaximumFun.org/join or [/donate](https://MaximumFun.org/donate)? We're gonna have some really fun incentives coming up with our MaxFun Drive.

01:24:29 Carrie Host Yeeeah.

01:24:30 Ross Host But, you can even join now. If—if you are able and you want to help us out, then later on you'll find out what goodies you just earned.

01:24:35 Carrie Host Or support us by embroidering a pillow, sending it to your mom—

01:24:41 Ross Host Mm-hmm.

01:24:42 Carrie Host —and the pillow says, "Hey, Mom, how are you? I'm sorry I haven't called very much. But I think you'd really like this podcast called, 'Oh No, Ross and Carrie!' Love you so much. Signed," and then your name.

01:24:53 Ross Host Oh. I would love it so much if someone did that.

[Carrie laughs.]

Sent us a picture. I mean, not to—not to give you a project, but if you do it...you will make my day.

01:25:05 Carrie Host Or leave us a positive review on iTunes. That's another way to support us—

01:25:08 Ross Host That will also—

01:25:09 Carrie Host —if you're, like, pretty fucking lazy.

01:25:10 Ross Host —warm the cockles of my heart.

01:25:12 Carrie Host I'll be like, "Where's my fucking pillow?"

[Ross giggles.]

Nooo, it's not true.

01:25:17 Ross Host And remember,

| | | | |
|----------|-------|------------|---|
| 01:25:18 | Clip | Clip | <p>Speaker 1 (From <i>That Mitchell and Webb Look</i>, Series Three, Episode Four): What have we got?</p> |
| | | | <p>Speaker 2: RTA broken arm, suspected internal injuries, severe contusions to the head.</p> |
| | | | <p>Speaker 1: Gonna need to move fast. Prep me a solution of Anica Montanis, stat.</p> |
| | | | <p>Speaker 2: Strength?</p> |
| | | | <p>Speaker 1: One part in a million.</p> |
| | | | <p>Speaker 2: Are you sure? It looks serious.</p> |
| | | | <p>Speaker 1: You're right. We need to strengthen the dose. One part in 10 million.</p> |
| | | | <p>Speaker 2: On it, doctor.</p> |
| | | | <p><i>[Audience laughs.]</i></p> |
| | | | <p>Speaker 3: Well, you've got a tricky one.</p> |
| 01:25:34 | Clip | Clip | <p>Speaker 1: Nothing we can't handle. Get me some wolfsbane, also known as, "monkshood," in here!</p> |
| | | | <p><i>[Audience laughs.]</i></p> |
| | | | <p>Speaker 1: And a whole tray of flower remedies.</p> |
| | | | <p>Speaker 3: Whoa. His chakras are fading. You're gonna need some crystals.</p> |
| | | | <p>Speaker 1: Nurse, fetch him some purple-tinted quartz.</p> |
| | | | <p><i>[Audience laughs loudly.]</i></p> |
| | | | <p>Speaker 1: Damnit, you're right. Make that aquamarine quartz.</p> |
| | | | <p><i>[Audience laughs.]</i></p> |
| | | | <p>Speaker 3: Good call.</p> |
| | | | <p>Speaker 1: Okay, he's stabilizing. Now, does anybody know what sort of car hit him?</p> |
| 01:25:53 | Clip | Clip | <p>Speaker 2: Blue Ford Mondeo, apparently.</p> |
| | | | <p>Speaker 1: Right. Get me a bit of blue Ford Mondeo, put it in water, shake it, dilute it, shake it again, dilute it again, do some more shaking, dilute it some more, and then put three drops on his tongue. If that doesn't cure him, I don't know what will.</p> |
| | | | <p><i>[Audience laughs.]</i></p> |
| 01:26:05 | Music | Transition | <p>"Oh No, Ross and Carrie! Theme Song" by Brian Keith Dalton. A jaunty, upbeat instrumental.</p> |

| | | | |
|----------|-----------|------------|--|
| 01:26:19 | Promo | Promo | <p>Music: Straightforward, thump-y electric bass guitar beat with light drums.</p> <p>Jackie Kashian: Hi, I'm Jackie Kashian.</p> <p>Laurie Kilmartin: Hi, I'm Laurie Kilmartin.</p> <p>Jackie: Aaand we have a podcast called, "<i>The Jackie and Laurie Show</i>." Who are you, Laurie Kilmartin?</p> <p>Laurie: Oh, my God. So much pressure. Uh, let's see, I'm a stand up. I've been doing stand-up since 1987. Uh, I'm a writer for <i>Conan</i>, I've written a couple books, have a couple CD's out, have a special out. Who are you, Jackie?</p> <p>Jackie: Well, I too am a stand-up comic, since 1984. And, uh, I do the road like a maniac and, uh, don't have a cool writing job, but I have four albums out. Working on a new album. We talk about stand-up. We talk about, uh, all the different parts of stand-up comedy. So, that's <i>The Jackie and Laurie Show</i>, and you should subscribe on MaximumFun if you want to hear that.</p> <p>Laurie: <i>[Chuckles]</i> And I would encourage you not to.</p> <p><i>[Jackie laughs.]</i></p> <p><i>[Music fades out.]</i></p> |
| 01:27:04 | Music | Transition | A cheerful guitar chord. |
| 01:27:05 | Speaker 1 | Guest | MaximumFun.org |
| 01:27:07 | Speaker 2 | Guest | Comedy and Culture. |
| 01:27:09 | Speaker 3 | Guest | Artist owned— |
| 01:27:10 | Speaker 4 | Guest | —Audience supported. |