

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 report on fringe science, spirituality, and claims of the paranormal, but take part ourselves.
00:00:16	Ross Blocher	Host	That's right! When they make the claims, we show up so you don't have to. I'm Ross Blocher.
00:00:19	Carrie	Host	And I'm Carrie Poppy. And we are back to tell you about how to cure your COVID-19 <u>symptomsss</u> .
00:00:26	Ross	Host	You know, focus on the symptoms. That's—
00:00:28	Carrie	Host	Symptoomssss!
00:00:29	Ross	Host	—important—
00:00:30	Carrie	Host	With homeopathy.
00:00:31	Ross	Host	Yeah. Sorry to leave you in the lurch, there. I'm sure you're wondering, "Well, how do I apply all this important homeopathy information?"
00:00:37	Carrie	Host	You've all been saying, "I thought I needed to go to the ICU, but hang on. I'm gonna wait for the second week of Ross and Carrie's <u>reportage</u> on this.
00:00:47	Ross	Host	I know that like kills like. I know that I have a vital force. But, what do I do?
00:00:51	Carrie	Host	I'm just gonna wait.
			<i>[Ross chuckles.]</i>
			I'm gonna wait seven days and see what happens.
00:00:55	Ross	Host	So again, this was a two-part class. I had attended the first part, and then Carrie attended the second part we're gonna talk about. This was on Wednesday.
00:01:03	Carrie	Host	Yeah, it was a Wednesday.
00:01:05	Ross	Host	Yeah.
00:01:05	Carrie	Host	Nice little hump day. Uh, I just want to say once again— <i>[chuckles]</i> —we're recording this during the COVID-19 outbreak. Everyone is home, and so we're recording it in my apartment, which is unusually loud, because everybody's home.
00:01:18	Ross	Host	So—
00:01:19	Carrie	Host	So, if you hear some sounds, it's life.
00:01:20	Ross	Host	You heard it here first.
00:01:22	Carrie	Host	Mm-hmm.
00:01:23	Ross	Host	You heard it in the backgrounds second.
00:01:25	Carrie	Host	<i>[Chuckles]</i> So, I got on there at noon.
00:01:29	Ross	Host	Good!

00:01:30	Carrie	Host	Thanks. It started at noon, so it seemed appropriate.
00:01:32	Ross	Host	<i>[Chuckles]</i> Yeah.
00:01:33	Carrie	Host	I think I was the first person there. And then a few minutes in, it was still just me, Rena, something that said, “iPhone,” which I think you mentioned you saw the first day. And—
00:01:40	Ross	Host	<i>[Chuckles]</i> Oh. Sure, yeah. It’s a Zoom call, so—
00:01:44	Carrie	Host	Right.
00:01:45	Ross	Host	—somebody’s got some device and they’ve never used Zoom before.
00:01:49	Carrie	Host	Mm-hmm. And someone who I noticed, last name, “Sassi,” just like Rena.
00:01:54	Ross	Host	Oh, yeah! Okay.
00:01:56	Carrie	Host	So, I actually wrote in the chat, I said, “Two Sassis!” And Rena said, “Oh, yeah. That’s my sister.”
00:02:03	Ross	Host	Ahh, okay.
00:02:04	Carrie	Host	Yep.
00:02:05	Ross	Host	I’m guessing this is the same person who was there the day I went as well. How many people did you get total? It sounded like there had been quite the drop-off.
00:02:11	Carrie	Host	It was <u>very</u> small.
00:02:12	Ross	Host	I know I was missing, but I was replaced by you.
00:02:15	Carrie	Host	True, but there was still attrition, overall. I think we ended up with five total—
00:02:21	Ross	Host	Okay.
00:02:22	Carrie	Host	—including Rena.
00:02:23	Ross	Host	<i>[Carrie makes a couple of affirming sounds as Ross speaks.]</i> So, yeah, a little bit of attrition there. But, yeah, when you’ve paid 55 bucks, usually you want to get both parts. But, A, life is complicated, and B, she had been providing videos and supplemental materials. And I’ll say she did a very good job of that, making sure that if you missed you, you’re not missing out.
00:02:40	Carrie	Host	Yeah. And she presented that well, too. Because I said in the chat, I said, “Oh, my friend’s not going to make it this time, but he’ll watch the video.” And she said, “You know, there’s probably a lot of people like that.”
00:02:49	Ross	Host	Ah. Okay, she did handle that well.
00:02:50	Carrie	Host	She—yeah, she did.
00:02:51	Ross	Host	And thank your telling her I felt—
00:02:53	Carrie	Host	No prob.
00:02:54	Ross	Host	You know, I—I know that feeling as an instructor and looking, “Where’d that person go?”

00:02:56	Carrie	Host	Mm-hmm. "Did I do a bad job the first time—"
00:03:00	Ross	Host	<i>[Chuckles]</i> Right.
00:03:01	Carrie	Host	"—that they didn't want to come back?"
00:03:02	Ross	Host	It was nice of you to quell that voice inside her head.
00:03:05	Carrie	Host	No prob. So she said, "What's everybody drinking?" And I said, "Coffee. Is that okay? Is that bad?"
			<i>[Ross chuckles.]</i>
			And she said, "Oh, no! I'm drinking it, too." And she held up a huge, huge ol' mug of coffee.
00:03:18	Ross	Host	But you said, "It's 1X preparation. I watered it down."
00:03:20	Carrie	Host	<i>[Chuckling]</i> Yeah, it's not the actual beans. I su—I put them through a succussion process.
			<i>[Ross and Carrie laugh.]</i>
00:03:26	Ross	Host	I'm sure that's gotta be a thing. Homeopathically prepared coffee.
00:03:30	Carrie	Host	It seems like that's all coffee.
00:03:32	Ross	Host	If not, it's probably a multi-million dollar idea.
00:03:36	Carrie	Host	I mean, the coffee—
00:03:37	Ross	Host	If I had no scruples, I could—
			<i>[Carrie chuckles in agreement.]</i>
			—I could make money on.
00:03:40	Carrie	Host	Yeah. I feel like you could just say it with any coffee. Just be like, "I succussed it the one time through my Mr. Coffee."
			<i>[Ross giggles.]</i>
			Anyway, she said, "Okay, well, let's—let's get started. Let's review a little. Who remembers what the two principles of homeopathy are?"
			<i>[In a teasing voice]</i> And guess who know? Guess who knew?
00:03:56	Ross	Host	I'm—I'm guessing Ms. A Student, uh, Ms. Poppy.
00:03:59	Carrie	Host	<i>[Chuckles]</i> It was me. So I was like—
00:04:01	Ross	Host	Carrie's pointing at herself.
00:04:02	Carrie	Host	With my thumbs.
00:04:03	Ross	Host	With her thumbs. "Who's paying attention? This gal."
00:04:05	Carrie	Host	This guy. I said, "Like cures like and, a...fancy word for, 'You have an energy body?'"
			<i>[Ross chuckles gleefully.]</i>
			She's like, "Yeah, that's right."
00:04:14	Ross	Host	That's word for word.

00:04:15	Carrie	Host	<i>[Chuckles]</i> And she said, "That's right." Oh, and then—you know what? Then a fifth person did join. Anastasia. So then she went into the discussion of the three-legged stool. And I remembered this from somewhere else. Where was it? Was it some other homeopath?
00:04:30	Ross	Host	Oh! Interesting. Okay. I don't.
00:04:33	Carrie	Host	Oh, okay.
00:04:34	Ross	Host	But three legs makes for a sturdy seating surface.
00:04:35	Carrie	host	It's true. So she was saying, "When you want to diagnose with homeopathy, you want to make sure you always have three symptoms from your client. So, one should be mental and emotional, if you can. One—"
00:04:50	Ross	Host	Mm-hmm. Something to do with the mind. So you look for their anger, their irritability or their crying or weeping or sadness. Or are they being sorry for themselves?
00:05:01	Carrie	Host	<i>[Amused]</i> Mm-hmm.
00:05:02	Ross	Host	That's the first leg of the stool.
00:05:03	Carrie	Host	Then the second one should be a modality. So, like, something that's making them better or worse.
00:05:08	Ross	Host	Mm-kay.
00:05:09	Carrie	Host	You know, "Oh, they want warm. They want cold. They're thirsty, and they like it when they drink water. They want to move. They don't want to move."
00:05:13	Ross	Host	As I was reviewing, I noticed that she asked, "Do they want a hot drink?"
00:05:18	Carrie	Host	Ohhh!
00:05:19	Ross	Host	And I thought, "Hey-ey-ey-ey-ey!"
00:05:20	Carrie	Host	<i>[Chuckling]</i> Carrie's got this problem all the time!
00:05:22	Ross	Host	Yeah.
00:05:23	Carrie	Host	What's that sickness?
00:05:24	Ross	Host	Well, and also your rating just went up.
00:05:26	Carrie	Host	Oh, true. As long as she's allowing it.
00:05:28	Ross	Host	Mm-hmm.
00:05:29	Carrie	Host	And then the third is your—is your gimme. That's the one where you can have a specific physical symptom.
00:05:34	Ross	Host	Mm-hmm.
00:05:35	Carrie	Host	But she's like, "Get specific here. We don't want to just hear, ' <i>In a deeper, mumbling voice</i> ' Oh, I just got a fever.' <i>[Resuming regular tone]</i> We want to hear, 'High fever. Fever over 100.' Or 'She has fever and there's chills. She has fever and there's flushing.' We want details."
00:05:47	Ross	Host	This is where I saw someone in the chat was making a joke about a solid stool. Was that you <i>[laughs]</i> ?

00:05:52	Carrie	Host	Yeah, that was me.
00:05:54	Ross	Host	I was like, "I'm betting that's Carrie."
00:05:56	Carrie	Host	And she said, "Yeah, with these three legs, you get a solid stool. Alright." And then moved on.
			<i>[Ross loudly snorts with laughter.]</i>
			So I just typed it in the chat. I quoted her, "That will give you a solid stool. Heh." And then she came back to a couple minutes later, and giggled. Yeah.
00:06:08	Ross	Host	She like it. Yeah, yeah. Good times. Another important piece of homeopathic information that she threw out there was that there is this Materia Medica, which is kind of—I don't know, almost a shopping list or ingredients list of various preparations. She said that you can use that when you're looking for one of those particular symptoms or a remedy. And she mentioned that there's something like 5,000 remedies? I guess there's different Materia Medicas that you can collect.
00:06:37	Carrie	Host	It's like a Merk Mauual.
00:06:38	Ross	Host	Yeah. I can't remember where I looked, but I saw a number of different-named ones. And the largest one had something in, like the 500s or 600s of—
			<i>[Carrie makes a thoughtful, affirming sound.]</i>
			—ingredients or preparations. So I guess she's got a massive collection. She said that about 100 of the remedies are the ones that we use 70 to 80% of the time. So you've got your—
00:07:00	Carrie	Host	Oh, interesting.
00:07:01	Ross	Host	—your kind of—your all-stars, your go-tos. Um—
00:07:03	Carrie	Host	Your Oscillococcinum.
00:07:05	Ross	Host	You—right, right. Your onion or your—
00:07:09	Carrie	Host	What's that one that's, like, would kill you? Belladonna would kill you if it were actually there.
00:07:13	Ross	Host	Right, right. Exactly.
00:07:14	Carrie	Host	Arnica.
00:07:15	Ross	Host	Yeah, a lot of those. Arsenic—
00:07:17	Carrie	Host	Mmm.
00:07:18	Ross	Host	—as well. Arsenica. Not to be confused with Arsenio Hall.
00:07:21	Carrie	Host	Oohhh. I didn't know arsenica was from arsenic. Makes sense. There's an A on the end.
00:07:27	Ross	Host	Anyway. So that—that was a new piece of information for me. I think I'd heard of the Materia Medica before. But I wouldn't have been able to tell you what it was.
00:07:35	Carrie	Host	Yeah, and then there's also that—what was the other big book? The Hahnemann book? Or— <i>Ordonis—Opipalla.</i>

00:07:42	Ross	Host	Oh, yeah.
00:07:43	Carrie	Host	The <i>Ordonis Opipalla</i> . Mm-hmm.
00:07:44	Ross	Host	[Chuckling] That's it.
00:07:45	Carrie	Host	<i>Homeopathy Omnibus. Ho—Homeward Bound: The Incredible Journey. Om—shirico.</i>
00:07:52	Ross	Host	<i>Organon of Medicine.</i>
00:07:54	Carrie	Host	<u><i>Organon of Medicine.</i></u>
00:07:56	Ross	Host	<u><i>Organon</i></u> , yeah.
00:07:57	Carrie	Host	That's it. I was so close.
00:07:58	Ross	Host	Yeah, yeah. You were right on it.
			[Both giggle.]
			And she—she had a name for those kind of prepared recipes, preparations. And they're called, "keynotes."
00:08:09	Carrie	Host	Yeahhh! Really distracting thing to call it.
00:08:11	Ross	Host	Yeah, especially since she was presenting with a Prezi.
00:08:14	Carrie	Host	Uh-huh.
00:08:15	Ross	Host	So, I'm busy making jokes about power points—
00:08:17	Carrie	Host	Uh-huh. Yep.
00:08:18	Ross	Host	Yeah, okay. I'm glad our minds work the same way.
00:08:19	Carrie	Host	[Chuckles briefly] Totally.
00:08:21	Ross	Host	A keynote is just another way to find a remedy. And she said that when they write them out, they'll be bolded or caps-locked, so you can look for them that way when—when you see something kind of listed out, and it really stands out. Like, "Oh, I need to go look that up, and then I can see what preparation I need and mix and match my pellets."
00:08:38	Carrie	Host	Right. And she said those are really strong indicators. You don't even necessarily need the other two legs, if you have the keynote of one thing.
00:08:45	Ross	Host	Someone's done the work for you.
00:08:47	Carrie	Host	Yeah. It's like, "Oh, he has an itchy throat and—"
00:08:50	Ross	Host	"This says, 'Itchy throat.'"
00:08:52	Carrie	Host	"—and wants to drink diet Pepsi? That's a keynote for—"
00:08:55	Ross	Host	It also says, "loose bowels."
			[Carrie chuckles.]
			But it says, "itchy throat." We're good.

00:08:58	Carrie	Host	Exactly. So, she also said, "And there are a lot of scanned pages from all of these books. They're in the Google Drive." She really prepared very nicely.
00:09:06	Ross	Host	Yeah!
00:09:07	Carrie	Host	So, she mentioned that aconite in particular is good for the fear of death. That's a great to give people when they're afraid they're dying.
00:09:16	Ross	Host	That's probably less invasive than, say, psilocybin.
00:09:20	Carrie	Host	Yep. That's true.
00:09:21	Ross	Host	Which also can have an effect on fear of death.
00:09:24	Carrie	Host	I feel like you should check to make sure the person is not dying, though? What if it's a rational fear? What if they're dying?
00:09:28	Ross	Host	Oh. Oh, right. Uh, well—
00:09:30	Carrie	Host	Then—then you can do something for them.
00:09:31	Ross	Host	—it sounds like it's supposed to deal with the fear itself.
00:09:34	Carrie	Host	Yeah.
00:09:35	Ross	Host	Which is the thing to fear.
00:09:36	Carrie	Host	Oh, touché. With these people, it's always the fear.
00:09:38	Ross	Host	Mm-hmm.
00:09:39	Carrie	Host	The fear is bad.
00:09:40	Ross	Host	Gotta get that energy body in balance.
00:09:42	Carrie	Host	Mm-hmm. So she told us, "Homeopathy is gentle and rapid." So—
00:09:46	Ross	Host	Right <i>[giggles]</i> . I—I liked the logic loop that starts here. But, yes, continue.
00:09:51	Carrie	Host	Okay. She said, "You might find relief immediately when you take a remedy and then wonder, 'Was that the right thing, then? 'Cause that went away right away.'"
00:10:01	Ross	Host	Yeah. "That seems so fast. How could it possibly have taken effect?"
00:10:03	Carrie	Host	And then she said—right. Then that means that it was in fact the right one.
00:10:06	Ross	Host	That's when you know it's working. Yeah. But, even though that means it's working, well, sometimes you need to give it four tries, like we talked about before.
00:10:15	Carrie	Host	Mm-hmm.
00:10:16	Ross	Host	So, it might not work right away. Maybe you don't see that gentle and rapid response. So, you know, keep trying it. Keep dosing. And then she says, "Sometimes you'll see temporary worsening of the symptoms." So, uh, you know—
00:10:29	Carrie	Host	<i>[Chuckles]</i> Any outcome validates what I am saying <i>[laughs with Ross]</i> .

00:10:32	Ross	Host	<i>[Laughing]</i> Right, exactly. “So, it might happen, like, absurdly fast, as if it was just maybe in your head or something. In that case, yeah it’s working great. And then maybe it won’t, in which case, you know, keep trying—“
00:10:44	Carrie	Host	Just keep on it.
00:10:45	Ross	Host	“—until it does do what you expect it to do. And maybe sometimes things get worse.”
00:10:50	Carrie	Host	"And that’s good too.”
00:10:51	Ross	Host	Those are the three possibilities.
			<i>[Ross and Carrie laugh.]</i>
			Either it gets better—
00:10:54	Carrie	Host	Or you—
00:10:55	Ross	Host	—it stays the same, or it gets worse. Either one, eh!
00:10:58	Carrie	Host	Or you die, in which case I don’t think you’ll be complaining.
00:11:02	Ross	Host	We’ll have a solution for that coming up.
00:11:04	Carrie	Host	That’s true. Oh, my God. So, I asked her—she mentioned something about the energy body, and I—I was typing in the chat a lot, and I said, “Can people see the energy body?”
00:11:12	Ross	Host	Oh, yeah!
00:11:13	Carrie	Host	And she said, “No. Well, <u>I</u> can’t. But some people can. I don’t have that kind of intuitive skill. I have other ones, but I don’t have that one.”
00:11:21	Ross	Host	Okay.
00:11:22	Carrie	Host	Alright. Fair enough.
00:11:23	Ross	Host	Know yourself.
00:11:24	Carrie	Host	Know— <i>[chuckles]</i> —yes. Physician, know thyself.
00:11:25	Ross	Host	Another way that you can know it’s starting to work is that the patient will either go to sleep—
00:11:31	Carrie	Host	Mm-hmm.
00:11:32	Ross	host	—or get increased energy.
00:11:34	Carrie	Host	<u>Or</u> — <i>[starts laughing]</i> —their fever goes up. That’s when you really know things are top and notch.
00:11:41	Ross	Host	All of those mean that it’s working.
			<i>[Carrie chuckles.]</i>
			Yeah. Okay, so fever is a good thing.
00:11:47	Carrie	Host	Right.
00:11:48	Ross	Host	We want to encourage it. This might be the best piece of advice she had in this talk.

00:11:51	Carrie	Host	Mm-hmm. Yeah.
00:11:53	Ross	Host	And that is that, yes, usually people try to fight and remove a fever. The fever is your body reacting. And you had a good way of saying it. She liked that.
00:12:02	Carrie	Host	Oh, yeah. This is what my mom always said when I was growing up, that a fever is your body trying to bake the illness out.
00:12:08	Ross	Host	And Rena responded to that, "Oh! I'm gonna use that."
00:12:11	Carrie	Host	<i>"[Imitating Rena's voice, a bit higher-pitched and softer] Yeah, that's really good"</i>
00:12:12	Ross	Host	"I like that."
00:12:13	Carrie	Host	<i>[Mumbles a bit, still imitating Rena, then back to regular tone]</i> And this is true. Like, basically your body's trying to make an inhospitable environment for that virus or bacteria.
00:12:18	Ross	Host	Mm-hmm. And as much as you can allow that to run its course, do.
00:12:23	Carrie	Host	Mm-hmm.
00:12:24	Ross	Host	But of course, there are limits.
00:12:25	Carrie	Host	Yeah.
00:12:26	Ross	Host	Which came up as probably your question as well. It's always fun to—
00:12:29	Carrie	Host	Uh, actually I don't think it was.
00:12:31	Ross	Host	Oh, okay. It's always fun to watch someone else partake in a class, and be like, "Oh, which are the Carrie questions?"
00:12:34	Carrie	Host	<i>[Ross makes a couple of affirming sounds as Carrie speaks.]</i> Right. Totally. There are definitely good purposes for fevers. But I was just curious about this too, because I do feel like I hear people just being like, <i>"[Panting] Ah! I have a fever I have to take something!"</i> And I always think like, "Well, it's probably okay for you to have a fever until it gets really high." So I was curious and went and looked up, like, "What happens if your fever is really, really high? What happens?" On the <u>very</u> upper end you can suffer brain damage.
00:12:59	Ross	Host	Oh wow.
00:13:00	Carrie	Host	But it—it—you have to have, like—
00:13:01	Ross	Host	Prolonged—
00:13:02	Carrie	Host	—a very high—like 105-degree fever for a really, really long time—
00:13:06	Ross	Host	Okay.
00:13:07	Carrie	Host	—and you do nothing about it. Then, yeah, you can start having seizures or have brain damage, but it seems to be pretty rare.
00:13:11	Ross	Host	Phew! Okay. That's good to know.
00:13:12	Carrie	Host	Yeah.

00:13:13 Ross Host So, yeah. She spent quite a bit of time unpacking fever and what to do with fever. Of course, the one thing you really want to avoid is Tylenol, or these other drugs that people take.

00:13:23 Carrie Host Mm-hmm. This is her talking, not you?

00:13:25 Ross Host Yes. That's her—yes.

00:13:26 Carrie Host Yeah.

00:13:27 Ross Host That's a very good point to make. This is Rena. And so she said that the real risk of a fever is dehydration. And you want to keep people hydrated. Okay.

00:13:34 Carrie Host Hmm. That is one risk of a fever, yeah. And she said that it's the suppression of fever itself that sends people to the ICU with COVID-19 *[chuckles]*.

00:13:42 Ross Host That's probably not correct.

00:13:45 Carrie Host Yep.

00:13:47 Ross host She had one miracle drug for dealing with fever, and that's ferrum phos.

00:13:51 Carrie Host *[Interested]* Ohh.

00:13:52 Ross Host So, you should be using ferrum phos—

00:13:55 Carrie Host Oh, right, right, right.

00:13:56 Ross Host —6X because it increases your blood volume. And the important thing of dealing with a fever and illness in general is having enough blood and have it be oxygenated.

00:14:04 Carrie Host Okay.

00:14:05 Ross Host And the ferrum phos will help you, uh, get your blood up.

00:14:09 Carie Host Okay. I think I missed the mechanism there. Okay. I didn't know I would get more blood.

00:14:12 Ross Host Yeah. And it's a 6X preparation, so it's not that dilute. And she said it actually does have some iron in i.

00:14:19 Carrie Host Ah. Ah.

00:14:20 Ross Host Probably very little, but there you go. There's like an actual, active substance. And I was thinking to myself, "Well, yeah. Farrah Fawcett in her day has gotten many, uh, people's blood to rise to increase—"

00:14:30 Carrie Host Is that true? I don't get it. Because iron does that?

00:14:34 Ross Host It's called ferrum phos. I was thinking of Farrah Fawcett.

00:14:36 Carrie Host *[Laughing]* Oh! Wow. Didn't even notice. Didn't notice.

00:14:42 Ross Host *[Giggles]* See? It was that similar.

00:14:43 Carrie Host You know, you could market that.

[Ross laughs.]

You could make a ferrum phosphate with her on the front.

00:14:49	Ross	Host	<i>[Chuckling]</i> Need to get your blood up?
00:14:50	Carrie	Host	Yeah, yeah. There you go.
00:14:51	Ross	Host	Here's some Farrah Fawcett. Ferrum phos.
00:14:53	Carrie	Host	Ferrum Fawcett? I don't know.
			<i>[Ross laughs loudly.]</i>
			So, she said, "This virus—COVID-19—is very intense. So dry does are recommended." So again, don't take it with water. This is—I don't know why this bothers me so much, but I just keep picturing theses sick people and then being like, "No, no, no! Do not have water—"
00:15:10	Ross	Host	Somebody being like—someone saying, "Open your mouth. Okay. I'm gonna put these pellets in your mouth— <i>[chuckles]</i> "
00:15:15	Carrie	Host	"Dry-ass pellets in your mouth. Swallow. Swallow." And then she said you can drop the pellet into a sleeping child's mouth. So, you're—no water, because they have COVID-19—
00:15:26	Ross	Host	I mean, it's probably fine. It'll just dissolve, but—
00:15:29	Carrie	Host	Probably. But, I'm not—
00:15:30	Ross	Host	It's just a little obnoxious.
00:15:31	Carrie	Host	—prob—but, like, 1 time out of 1,000, you're gonna choke that child.
00:15:36	Ross	Host	Yeah. Hopefully it would be small enough and dissolve fast enough that that would not the true concern. But yeah, she's recommending 4 to 5 pellets ever 15 minutes if this is really serious. And yeah, of course—
00:15:46	Carrie	Host	<i>[Chuckles quietly]</i> This poor child.
00:15:47	Ross	Host	—if for some reason you can't use the pellets, you can do the water preparation. But it's gonna be more—what's the word? Potent?
00:15:54	Carrie	Host	Yeah. If—
00:15:55	Ross	Host	If it's in pellet form? I don't—I don't understand their—
00:15:56	Carrie	Host	—you'd—although, again, you'd think it would be the other way—
00:15:59	Ross	Host	Right!
00:16:00	Carrie	Host	—because she's all up in dilution is—who knows!
00:16:03	Ross	Host	It's contrary to basic logic, so—
00:16:04	Carrie	Host	Oh, it doesn't make any sense.
00:16:05	Ross	Host	—that's what she said at least. There were a couple other medications that—colly sulph for, uh—uh—
00:16:11	Carrie	Host	Delicious.
00:16:12	Ross	Host	Yeah. Colds and skin eruptions, supposed to help with that.
00:16:15	Carrie	Host	Okay.

00:16:16	Ross	Host	And the nat sulph. That's for flu, nausea, and vomiting. Both of those are 6X preparations as well.
00:16:22	Carrie	Host	Hmm.
00:16:23	Ross	Host	So those were the three ones she said to have handy, and she showed us the little bottles from Highlands.
00:16:28	Carrie	Host	Interesting. So, with 6X, I mean—yeah. She's mostly showing you just, like, very mild herbal medicines, probably?
00:16:35	Ross	Host	Yeah.
00:16:36	Carrie	Host	Hm. Interesting.
00:16:37	Ross	Host	Pretty much.
00:16:38	Carrie	Host	She also said we should get liquid oxygen.
00:16:40	Ross	Host	Oh, yeah. I don't know anything about that. What is that?
00:16:43	Carrie	Host	I had to look it up. So she mentioned in particular something called, "oxygen extreme," which supposedly is a liquid form of oxygen. You put it in your water. You drink it. And then it makes your body absorb extra oxygen?
00:16:58	Ross	Host	Hmm. 'Cause don't you have to get extreme temperatures to get oxygen in liquid form? Like, you've have to make it extremely cold?
00:17:07	Carrie	Host	I...don't know.
00:17:09	Ross	Host	Okay.
00:17:10	Carrie	Host	But— <i>[chuckles]</i> .
00:17:12	Ross	Host	I feel like there's less than meets the eye here, but who knows.
00:17:15	Carrie	Host	I feel like the way to get extra oxygen is to breathe.
00:17:19	Ross	Host	That would help.
00:17:20	Carrie	Host	Yeah. Anyway. I looked this up. So there's this wonderful doctor, Dr. Ken Harvey, from Australia—and I just went on this rabbit hole, being like, "This guy's the best!" But anyway—
00:17:30	Ross	Host	Ah!
00:17:31	Carrie	Host	—he had, uh, reviewed this product. And he said, "It's been proven not to work in the sense that firstly, we absorb oxygen from the lungs, not from the gut. And secondly, complaints about those claims have been submitted to the proper authorities, and they investigated them, and they're completely spurious. It's basically just salty water."
00:17:50	Ross	host	Oh, here we go. So the actual liquid point of oxygen is -187 degree Celsius or -297 degrees Fahrenheit <i>[chuckles]</i> .
00:18:01	Carrie	Host	That's pretty cold.
00:18:02	Ross	Host	Yeah, okay. I'm guessing that is not what you are buying in this bottle. She included the—
00:18:05	Carrie	Host	<i>[Laughing]</i> She—they just send you ice.
00:18:07	Ross	Host	— <i>[chuckling]</i> screenshot of.

00:18:10	Carrie	Host	<i>[Chuckles]</i> So that quote I mentioned—
00:18:12	Ross	Host	Mm-hmm.
00:18:13	Carrie	Host	—I just want to give a shoutout. That was from the Australian Broadcasting Corporation’s “Alternative Money Spinners” from 2006.
00:18:17	Ross	Host	Oh, okay.
00:18:18	Carrie	Host	And the reporter was Gordon Taylor. Anyway, Ken Harvey, badass. So he’s this Australian doctor. He’s a medial professor. He worked with the WHO to create ethical criteria for, uh, drug promotions. Anyway. He’s been sued by, like, a bunch of homeopaths, and he’s like, “No! I’m not gonna back down!” And he’s—
00:18:36	Ross	Host	Nice!
00:18:37	Carrie	Host	He’s been the Ross and Carrie of Australia, and I love him. I’m in love with him. I’m marrying him.
00:18:42	Ross	Host	Well, mazel tov.
00:18:43	Carrie	Host	Thank you.
00:18:42	Ross	Host	That’s so cool. Also she recommends electrolytes, another important thing for hydration. Which, hey! I’m all for that. Good job.
00:18:50	Carrie	Host	Sure. Have some electrolytes.
00:18:51	Ross	Host	Yep. Give you some extra sodium, magnesium, and potassium. She recommended Smart Water.
00:18:57	Carrie	Host	Ah, right
00:18:58	Ross	Host	I don’t know.
00:18:59	Carrie	Host	Don’t know much about it. Jennifer Anniston loves it.
00:19:00	Ross	Host	I feel immediately suspicious of any kind of special water. But—
00:19:03	Carrie	Host	Sure. Fair.
00:19:04	Ross	Host	—I’m glad it’s smart. Probably use Gatorade or some other sport drink as well.
00:19:08	Carrie	Host	Coconut water, I think, has a fair amount of it as well.
00:19:10	Ross	Host	Oh yeah! Right.
00:19:11	Carrie	Host	Oh, yes. So, she gave us a really great advice for how to handle your own symptoms if you’re feeling sick.
00:19:17	Ross	Host	Mm-kay.
00:19:18	Carrie	Host	She said, “I firmly believe in people’s intuition. Everyone knows on a deep, soul level what is right for them, what is the medicine for them—“
00:19:27	Ross	Host	Oh, yeah.
00:19:28	Carrie	Host	“—what is disease for them.”
00:19:29	Ross	Host	Mm-hmm.
00:19:30	Carrie	Host	This is what I would call a poor idea.

00:19:32	Ross	Host	Yeah, and I think that was kind of delivered in the context of—she was talking about breaking a fever.
00:19:37	Carrie	Host	Mm-hmm. Mm-hmm. Yep.
00:19:38	Ross	Host	And when you do need to do that. ‘Cause she’s all for letting the fever run its course. And she had sort of rough temperature levels to look at. If you’re a really small baby—zero to three months—any fever probably you should try to break it. Uh—
00:19:50	Carrie	Host	If you’re a really small baby and listening to this podcast, that’s what you should do.
00:19:53	Ross	Host	<i>[Chuckles briefly]</i> Break that fever!
00:19:54	Carrie	Host	Hey, you cool babies.
00:19:55	Ross	Host	<i>[Chuckles briefly again]</i> And, uh, three to six months, uh, over 100.5 degrees. Six months or anywhere, you know, through the rest of your life, 104 to 105 degrees. But then she was saying, “You know what? You’ll know better.”
00:20:08	Carrie	Host	Mm-hmm.
00:20:09	Ross	Host	“You know, it doesn’t matter where these exact numbers are. You’ll feel it. If it’s less than that, and you’re like, ‘This fever needs to break,’ go ahead and break it.”
00:20:13	Carrie	Host	Mm-hmm. Mm-hmm. This whole idea of you, like having intuition about your health is good advice if you have been through that scenario before.
00:20:21	Ross	Host	Yes.
00:20:22	Carrie	Host	‘Cause this is what our intuition’s great at. Is just recognizing shit it’s been through before.
00:20:26	Ross	Host	If your intuition is informed by experience and—hopefully—good science.
00:20:30	Carrie	Host	Right. But if you’re just like, “Well, I’ve never had COVID-19 or anything like it, but spirit, soul, what do you think?”
			<i>[Ross giggles.]</i>
			Your spirit and soul is just gonna make some fucking guess, and you’re gonna suffer the consequences.
00:20:42	Ross	Host	So she had a few recommendations for dealing with a fever. So, here you go. You can use warm and cold compresses. Good advice. Hydrotherapy.
00:20:51	Carrie	Host	Drinking water <i>[chuckles]</i> ?
00:20:53	Ross	Host	I guess so. I hope so. Yeah, that would make sense. Uh, garlic remedies.
00:20:57	Carrie	Host	Oh, yeah. She said—okay. This sounded so gross. She said—
00:21:02	Ross	Host	Oh, yeah. “Put it up against your foot, but it’ll burn your skin if you put it against your foot—”

00:21:07	Carrie	Host	<i>[Chuckles]</i> Right. So, take a sock. <i>[Ross laughs, wheezing.]</i> Okay, put—okay, put your feet in socks. Then take garlic and put it outside the sock on the sole of your foot. Then take another sock, pull it on over that, and by the time you smell or taste it through your foot, the fever probably will have broken.
00:21:26	Ross	Host	I'm just picturing, like—
00:21:27	Carrie	Host	Eugh!
00:21:28	Ross	Host	—like, having to get up out of bed and walking over to the bathroom, and you've got garlic foot <i>[laughs]</i> .
00:21:31	Carrie	Host	So gross!
00:21:33	Ross	Host	Huh.
00:21:34	Carrie	Host	And you know what? You're tasting it. You're tasting it, because it's like you're—you stink and now—so your body's telling you that you're tasting it, but you're smelling it—
00:21:40	Ross	Host	Right.
00:21:41	Carrie	Host	—because you fucking stink!
00:21:43	Ross	Host	Yeah, she says, "Keep using it until it has so permeated you— <i>[Carrie makes a disgusted sound.]</i> —that—" <i>[chuckles]</i> —yeah, gross—
00:21:47	Carrie	Host	God!
00:21:48	Ross	Host	"It's coming out your mouth." Then she also recommended Bentonite clay? So that's a clay that she says pulls the fever right out of your feet. Or wherever you want to apply it, you can apply that clay.
00:22:59	Carrie	Host	Great. Let's do it.
00:22:01	Ross	Host	And then also epsom salts.
00:22:02	Carrie	Host	I—I never really was clear on that. whether you actually can absorb any magnesium from epsom salts.
00:22:07	Ross	Host	If that gets through the skin barrier?
00:22:10	Carrie	Host	Yeah, yeah.
00:22:11	Ross	Host	I would imagine so. It doesn't seem like an extraordinary claim.
00:22:14	Carrie	Host	I looked it up, and it seems like, uh, like the jury's out.
00:22:18	Ross	Host	Oh, okay.

00:22:19	Carrie	Host	<p><i>[Ross makes several affirming sounds as Carrie speaks.]</i></p> <p>But, um, yeah. I never really knew. So I asked her at this point, “Okay. I’m trying to wrap my head around all this at once. So if the sickness is really in the energy body, but COVID-19 really is a virus, does the virus attack the energy body instead of the physical body?” And then I said, “I know you can see viruses under a microscope. I assume you can’t see the energy body under a microscope? Or can you? I’m having trouble kind of marrying these two concepts.”</p> <p>She said, “Oh, that’s a great question. So the energy body has the disturbance. Then that weakens the physical body. And then it’s susceptible to the infection in the physical body.” I thought that was a clever—clever way, to, um, make these things almost agree.</p>
00:23:04	Ross	Host	<p><i>[Carrie makes a few affirming sounds as Ross speaks.]</i></p> <p>Yeah, and consistent with what she was saying in the first class about this being kind of the iceberg above the water that indicates the iceberg below the water. So, yeah. By all means, take care of these urgent physical symptoms. But we’re really worried about the energy body.</p>
00:23:21	Carrie	Host	But then she said something very perplexing.
00:23:23	Ross	Host	What’s that?
00:23:24	Carrie	Host	“You know, germ theory has really been debunked many times.”
00:23:27	Ross	Host	<i>[Sighs, then exasperatedly]</i> Oh, my God.
00:23:28	Carrie	Host	“I don’t know why we’re still following that concept.”
00:23:31	Ross	Host	Oh, my God! Yeah, I don’t—I don’t think that’s so settled as you think it is.
00:23:35	Carrie	Host	You were just saying COVID’s a virus.
00:23:36	Ross	Host	Yeah, she just threw—
00:23:37	Carrie	Host	What does—what does, “germ,” mean to you?
00:23:38	Ross	Host	Yeah.
00:23:39	Carrie	Host	What’s a—what’s a germ?
00:23:40	Ross	Host	I have no answer for that.
			<i>[Carrie sighs.]</i>
			That would be her question to answer. But yeah, wow. “Germ theory. Oh, that is—that has been <u>disproven</u> so many times.”
00:23:49	Carrie	Host	This is Rena again.
00:23:50	Ross	Host	Yeah, that’s what she said.
00:23:51	Carrie	Host	<i>[Chuckles]</i> Yeah.
00:23:52	Ross	Host	“Debunked,” I think she said.
00:23:53	Carrie	Host	Mm-hmm.
00:23:54	Ross	Host	Wow.

00:23:55	Carrie	Host	And I—I was like—in the chat again—“Oh! Wow! Is there any good reading on that? I had never heard that.” And she said, “Oh. There are great whistleblowers. There’s Sayer Ji from GreenMedInfo and Dr. Kelly Brogan, MD. They are the whistleblowers who are debunking germ theory. You gotta look them up. Ugh. They’re amazing.” I didn’t spend any time with Sayer Ji, but I did look up Kelly Brogan.
00:24:16	Ross	Host	Yeah?
00:24:17	Carrie	Host	What a cook.
00:24:18	Ross	Host	Oh, no.
00:24:19	Carrie	Host	Holy moly. She’s promoting this awful website called, “questioningcovid.com” that’s all up in 5G theories and <i>[makes a babbling sound]</i> . She’s an anti-vaxxer. She’s doesn’t think HIV causes AIDS. She thinks that the drugs we use to treat HIV cause AIDS. So—ugh!
00:24:34	Ross	Host	Mm. But she’s a whistleblower, huh? She’s on the inside. She sees the corrupt system and knows how they’re lying to us?
00:24:40	Carrie	Host	She...owns a whistle.
00:24:42	Ross	Host	Huh! Alright.
00:24:43	Carrie	Host	Yeah <i>[chuckles]</i> .
00:24:44	Ross	Host	Well, way to blow that whistle.
00:24:45	Carrie	Host	And she says, “All disease is psychological.” She’s just— <i>[makes several long fart sounds]</i> . <i>[Laughing]</i> That’s my analysis of that.
00:24:51	Ross	Host	That’s—that’s how—that’s how you summarize it?
00:24:54	Carrie	Host	Yeah.
00:24:55	Ross	Host	Alright.
00:24:56	Carrie	Host	No, thanks.
00:24:57	Ross	Host	Rena was throwing out some other remedies, things that people had asked about as well. She was also talking about getting more oxygen from hydrogen peroxide. ‘Cause it has extra oxygen. H2O2. I was really curious about that. You—what are you saying? Are we supposed to drink hydrogen peroxide? I mean, don’t do that.
00:25:14	Carrie	Host	<i>[Laughs]</i> Huh.
00:25:15	Ross	Host	Yeahhh.
00:25:16	Carrie	Host	Yeah, that’s weird.
00:25:18	Ross	Host	The concept was, sometimes you need more oxygen than just simple water is providing.
00:25:21	Carrie	Host	Riiight.
00:25:22	Ross	Host	But I’m like, “Where are you putting this hydrogen peroxide?” That’s—
00:25:25	Carrie	Host	Is that bleach?
00:25:26	Ross	Host	No.

00:25:27	Carrie	Host	No. Okay. Hydrogen peroxide is the stuff that people used to gargle with, right?
00:25:30	Ross	Host	Yeah.
00:25:31	Carrie	Host	Okay.
00:25:32	Ross	Host	And apparently there's not too much support for what my dad used to do, which is, like, to pour it in a wound.
00:25:37	Carrie	Host	Yeah,
00:25:38	Ross	Host	That can actually, like, really harm the healing process.
00:25:40	Carrie	Host	I did that not long ago, when I—oh, remember I dropped a razor on my foot—
00:25:45	Ross	Host	Yes!
00:25:46	Carrie	Host	—and it was infected forever?
00:25:47	Ross	Host	Yes.
00:25:48	Carrie	Host	One step in that process was that the only antiseptic available where I was was hydrogen peroxide. And I—I think it really did make it worse.
00:25:51	Ross	Host	Oh. So, you pour it, it foams. You pour it, it foams.
00:25:55	Carrie	Host	Yeah. Yeah.
00:25:56	Ross	Host	I remember ever time I got a cut, my dad would pour it on there.
00:25:59	Carrie	Host	Oh, wow.
00:26:00	Ross	Host	You'd watch it bubble. It would hurt.
00:26:01	Carrie	Host	Uh-huh <i>[chuckles]</i> .
00:26:02	Ross	Host	You'd wash it off. Pour it on again. Bubble. Hurt.
00:26:03	Carrie	Host	Oh, man! I didn't do it that many times.
00:26:05	Ross	Host	Oh, yeah.
00:26:06	Carrie	Host	Anyway.
00:26:07	Ross	Host	Another questioner asked about, uh, cider vinegar. I assume apple cider vinegar, and Rena agreed with that. "Oh, yeah. That's another good way to help with you fever, is to take a bath in that stuff."
00:26:17	Carrie	Host	<i>[Laughs]</i> These people are gonna smell to high heaven. <i>[Ross giggles.]</i> Garlic, apple cider vinegar. That's potent shit.
00:26:23	Ross	Host	I don't think smelling good has ever really been the province of alternative medicine.
00:26:28	Carrie	Host	<i>[Chuckles]</i> Fair enough. Well, they do have really good incense.
00:26:30	Ross	Host	Oh, okay. Eh. She was also, uh, talking about iron and how you need to be kind of careful with that.
00:26:36	Carrie	Host	Mm. Mm-hmm!

00:26:37	Ross	Host	Cause she realizes that's important for the blood. But it can also be constipating. In general, whenever she would talk about supplements, she was more against the supplemental forms. Like, wherever possible, you should get it from the food.
00:26:49	Carrie	Host	Mm. Mm-hmm.
00:26:50	Ross	Host	Um, so she wasn't a big fan of someone taking, like, iron pills, say.
00:26:53	Carrie	Host	And this is one bit of good advice. You do want to be cognizant of how much iron you're getting. It's one of the few things that you can accidentally get too much of.
00:27:01	Ross	Host	<i>[Carrie makes several thoughtful, affirming sounds as Ross speaks.]</i> Mm. Uh, while she was talking about germ theory, she was taking about how some people are just not susceptible to COVID and it all comes down to energy signatures. And so sometimes you're born in— <i>[sighs]</i> this is where it gets really hazy. She was saying sometimes it can be inherited through your genes, but sometimes it's just your environment. Yeah, it's like, "Okay, wait. Define this more?" And that somehow you're just, like, you're never gonna get COVID—or you're never gonna express anything with it—'cause you're just—you're kind of immune to it. Too bad we don't have a way to screen for that, right?
00:27:37	Carrie	Host	Right. Right. All we know—we know risk factors.
00:27:40	Ross	Host	And she called these—it sounded like she was saying, "myasims," are these inherited susceptibilities or lacks thereof.
00:27:48	Carrie	Host	Mm. Okay.
00:27:49	Ross	Host	And apparently, this had been proven by some Dr. Koch who, uh, had been a homeopathic doctor who proved that you can be completely immune to something. And—for example—he knew that his energy signature was not susceptible to TB—
00:28:03	Carrie	Host	Oh, right.
00:28:04	Ross	Host	—and so he drank a solution with TB in it, and he didn't get it.
00:28:07	Carrie	Host	Oh, right. Yeah, I want to know the real story there.
00:28:10	Ross	Host	<i>[Chuckles]</i> Yeah, right. I feel like we're missing some details.
00:28:12	Carrie	Host	Anyway.
00:28:13	Ross	Host	Blech.
00:28:14	Carrie	Host	Blech! <i>[Makes a gagging sound]</i> That's our analysis.
00:28:17	Ross	Host	Cool.
00:28:18	Carrie	Host	So of course, what is the best medicine? Say it with me, everybody.
00:28:22	Crosstalk	Crosstalk	Carrie: Prevention. Ross: Prevention.
00:28:24	Carrie	Host	You knew it was coming.
00:28:25	Ross	Host	Hey! Yeah. An ounce of prevention.

00:28:27	Carrie	Host	It's true! Pound of cure. So she said, "Prevention's not something we just do one time. Same with your immune system, you need to be—you know, constantly taking care of it, making sure you have a strong immune system."
00:28:38	Ross	Host	Yeaahhh.
00:28:39	Carrie	Host	Sure. True. And then she said she's glad that people are waking up to how supportive we need to be of our immune systems.
00:28:45	Ross	Host	People just kind of use that phrasing for immune systems, saying, like, "You need to boost your immune system."
00:28:51	Carrie	Host	Mm. Mm-hmm.
00:28:53	Ross	Host	<i>[Carrie makes several affirming sounds as Ross speaks.]</i> "You need to strengthen or support you immune system." I've heard people who understand the immune system better kind of caution against that phrasing, because so many of our physical ailments and problems and autoimmune diseases are the immune system being <u>overactive</u> and being a little too boosted. Sometimes a healthy immune system is one that knows when to hold 'em—
00:29:14	Ross	Host	When to chill the fuck out.
00:29:15	Ross	Host	Yeah!
00:29:16	Carrie	Host	Yeah, yeah <i>[chuckles quietly]</i> .
00:29:17	Ross	Host	Exactly. So whenever I hear, "boost the immune system," I think, "What does that actually mean?"
00:29:21	Carrie	Host	Yeah, I think something similar. I always assume when someone's talking about, like, "Such-and-such makes your immune system more active," I think like, "Well, that means you infected yourself."
00:29:30	Ross	Host	Mm.
00:29:31	Carrie	Host	I mean, which might be fine.
00:29:32	Ross	Host	Yeah.
00:29:33	Carrie	Host	I'm not saying it's not. But, like, don't just leave it there. I need more details. I remember when I was in college—I don't even know if it was a proper study, but some news came out that was like, "Eating your boogers is good for your immune system." And I was like, "Well, okay. But that probably just means, like, there are germs in your boogers."
00:29:50	Ross	Host	Your—
00:29:51	Carrie	Host	<i>[Laughs]</i> I mean, like, that's—okay.
00:29:52	Ross	Host	Yeah.
00:29:53	Carrie	Host	Fine. I'm not saying that's necessarily bad, but it's—
00:29:56	Ross	Host	<i>[Carrie makes a few affirming sounds as Ross speaks.]</i> It's like eating that hamburger off the ground. Uh, your—your body's getting some low-level experience at fighting off various microbes, and later on it's ready for them if it encounters them in a more potent form. Okay. sure. Sure.

00:30:11	Carrie	Host	Yeah. And it—yeah. It's kind of, like, saying, like, "Bright color stimulate your eye system."
			<i>[Ross chuckles.]</i>
			Well, yeah. I don't really know what you're going for, but that's <u>truuuue</u> .
00:30:22	Ross	Host	Oh, right, yeah. It's almost a tautology.
00:30:24	Carrie	Host	Yeah.
00:30:25	Ross	Host	It's—it's obviously and not particularly profound.
00:30:28	Carrie	Host	<i>[Chuckles briefly]</i> Right. Yeah. Anyway.
00:30:29	Ross	Host	Right. So, anyways. It's definitely wording to be cautious around—to have a little red flag for—when someone says something is boosting your immune system.
00:30:39	Carrie	Host	Right.
00:30:40	Ross	Host	What does that actually mean?
00:30:41	Carrie	Host	<i>[Ross makes a couple of affirming sounds as Carrie speaks.]</i>
			That said, obviously you want to eat well. You want to exercise, get a good amount of sleep. These are things that are easy to not do well and affect your immune system, which is where I think she really wanted to go.
00:30:53	Ross	Host	Which is fair and fine.
00:30:54	Carrie	Host	Yeah.
00:30:55	Ross	Host	But she does have her own boot camp specifically for building the immune system—
00:30:59	Carrie	Host	Oooh.
00:31:00	Ross	Host	—so if this class has convinced you, you can shell out—I think it was 100-something for the, uh, for the boot camp.
00:31:04	Carrie	Host	Nice. Oh, I just got to show you this screenshot of all of us in the—in the chat. 'Cause there's Rena. Hers is the only image that's actually on the only webcam.
00:31:15	Ross	Host	Right.
00:31:16	Carrie	Host	So, there's her, her sister, the word, "iPhone," and then me, where I am an ostrich with headphones on.
00:31:22	Ross	Host	Ah <i>[laughs]</i> !
00:31:23	Carrie	Host	And I just loved that, um, these were all the people partaking in this class.
00:31:25	Ross	Host	<i>[Chuckling]</i> There you are.
00:31:26	Carrie	Host	An ostrich, Rena, her sister, and an iPhone.
00:31:28	Ross	Host	Very good.
00:31:29	Carrie	Host	Yeah. So then she talked about constitutional remedies.

00:31:32	Ross	Host	Oh, yeah!
00:31:33	Carrie	Host	This was new to me. Do you know this one?
00:31:34	Ross	Host	No, I don't.
00:31:35	Carrie	Host	Okay, so constitutional remedies apparently are your sort of daily medicines. So the way that I might go to my doctor and he might say, "You know, it's good for you in particular to take Omega 3s. You should probably take those daily."
00:31:48	Ross	Host	Mm-hmm.
00:31:49	Carrie	Host	Or vitamin D, there's a common one that, you know, doctors will tell people like, "Oh! Your blood tends to be low in it. Let's go ahead and have you take that." Same idea here, that there are just homeopathic things that are good for you, Ross, and not necessarily important for Carrie to take.
00:32:00	Ross	Host	In order to form a more perfect Carrie.
00:32:02	Carrie	Host	<i>[Chuckling]</i> Exactly.
00:32:03	Ross	Host	That would be a constitutional remedy.
00:32:07	Carrie	Host	<i>[Giggles]</i> Exactly. That explains the blank look on your face while you figured out exactly how to work that in <i>[laughs]</i> . So—
00:32:13	Ross	Host	<i>[Laughing]</i> Correct. Carrie was watching me work on a pun.
00:32:17	Carrie	Host	"So, what's happening over there? Oh, okay."
00:32:19	Ross	Host	So there's this—this test that they have to help—I guess—get enough info about you to build your constitutional remedy. An HTMA test.
00:32:29	Carrie	Host	Oh.
00:32:30	Ross	Host	Which is—
00:32:31	Carrie	Host	So close to HTML.
00:32:32	Ross	Host	Yeah. <i>[Chuckles]</i> That's right. This isn't a markup language. This is hair, tissue, mineral analysis.
			<i>[Carrie makes an intrigued sound. She then makes a few affirming sounds as Ross continues.]</i>
			So, I feel like I've heard them talk about that before: getting this particular piece of diagnostic material from you, and then they can use it to dial in exactly what you should be taking every day that matches your energy signature. And she had, uh, a list of homeopathic recommendations that I guess is kind of just sort of a basic kit that would work for almost everybody and could be tweaked. Though that included aresnicum 30C, byronia 30C once a day for three days, followed by eupatorium 200C once a day for four days. I don't know about you, but my brain shuts off as soon as I see that. I just think, "I'm not doing it."
00:33:21	Carrie	Host	<i>[Laughs briefly]</i> Yeah. I mean, fair.
00:33:24	Ross	Host	Too many instructions. You know, this and this—
00:33:26	Carrie	Host	Mmm.

00:33:27	Ross	Host	—for, like, once a day for three days. And then this other random thing—
00:33:32	Carrie	Host	I don't know. That seems like something you could excel at.
00:33:34	Ross	Host	I don't know. It just—I don't—
00:33:35	Carrie	Host	You could literally make an Excel spreadsheet. You'd excel at that <i>[giggles]</i> .
00:33:38	Ross	Host	<i>[Laughs]</i> I don't wanna do it. But I guess I could. A number two was a nosode.
00:33:44	Carrie	Host	Oh, yes. Yes. So I think at this point, we're talking about both what's good for you everyday <u>and</u> —
00:33:53	Ross	Host	COVID-19.
00:33:54	Carrie	Host	—what's going to help you not get COVID-19.
00:33:56	Ross	Host	Right.
00:33:57	Carrie	Host	So, yeah. The nosode again is like a homeopathic vaccine. She said, "You have to have a separate consultation with me."
00:34:03	Ross	Host	Mm-hmm.
00:34:04	Carrie	Host	"I can't just put this in your homeopathy kit." I wonder if there's a law around this or just her special rule or what.
00:34:10	Ross	Host	Yeah. I wonder if it takes some special preparation or juju or—
00:34:14	Carrie	Host	Yeah.
00:34:15	Ross	Host	—I don't know. Energy alignment. Some piece like that. But I would suspect it's more along the lines of what you're saying, that it's kind of like how if you wanted that preparation that included cyanide—
00:34:27	Carrie	Host	Uh-huh.
00:34:28	Ross	Host	—that— <i>[chuckles]</i> —that she had to go through a separate pharmacy. She didn't have it available. But, "You know, contact me on the side. We'll get you set up with this." I'm guessing it's something like that. Like, nosodes are kind of problematic.
00:34:38	Carrie	Host	Mmm.
00:34:39	Ross	Host	I don't know.
00:34:40	Ross	Host	That's speculation on my part.
00:34:42	Carrie	Host	Yeah, I wonder what the deal is there. 'Cause I wanted that nosode.
00:34:45	Ross	Host	And the third thing that you can do for the COVID-19 preparation is to follow the Cuban protocol.
00:34:52	Carrie	Host	Yes. So this is apparently, allegedly—we haven't looked into this very much, but something that some segment of the Cuban government is recommending for people to avoid COVID-19 is to take these herbal remedies.
00:35:03	Ross	Host	Yeah. She said "This Cuban government is giving this to their elderly."
00:35:08	Carrie	Host	Hmm. Hmm.

00:35:09	Ross	Host	Hmm. I feel like if we looked into that, we might learn more.
00:35:13	Carrie	Host	<i>[Chuckles]</i> Talked about it a little bit in the last episode, and there were some good write-ups. But it's sort of a dense and complicated situation, so I won't speak out my ass about it.
00:35:21	Ross	Host	I wonder how many homeopaths spend time studying Latin.
00:35:25	Carrie	Host	Mmm.
00:35:26	Ross	Host	Or—or just doing some introductory courses in Latin, just to know how to pronounce these things.
00:35:30	Carrie	Host	Yeah, yeah.
00:35:31	Ross	host	Cause I look at it and think, "I could use some Latin here." But the Cuban protocol includes Anas Barbariae 200—and that's the ingredient in Oscillococcinum.
00:35:42	Carrie	Host	Mm-hmm.
00:35:43	Ross	Host	Also Baptisia tinctoria 200. Bacillinum 30. Pyrogenium 200. Eupatorium perf 200. Influenzinum 200.
			<i>[Carrie chuckles quietly.]</i>
			That's interesting. And Arsenicum album 200.
00:36:01	Carrie	Host	Yeah.
00:36:02	Ross	Host	There you go. Do it like the Cubans,
00:36:04	Carrie	Host	<i>[Chuckles]</i> We have no idea if this is what the Cubans do. We just know this lady says so. By the way, we've mentioned a couple times here Oscillococum—Oscillococcin <u>um</u> , that's it.
00:36:14	Ross	Host	Easy for you to say.
00:36:15	Carrie	Host	Oscillococ— <i>[slurs the rest of the word]</i> .
			<i>[Ross imitates her slurring.]</i>
			Um, which you've probably seen on store shelves. I picture a white box, blue writing, and then a band that goes from yellow to orange, running across the box.
00:36:28	Ross	Host	Yep. Yep. And in this case, this is something you should not eat if you can't pronounce it.
00:36:33	Carrie	Host	Oh! True. But mostly because it's nothing.
			<i>[Ross laughs.]</i>
			Um, so it's a homeopathic remedy that has nothing in it. If it did have something in it, check out what the fuck it is. It's like a piece of a duck or a goose's liver?
00:36:46	Ross	Host	Oh, wow. Okay.
00:36:47	Carrie	Host	Yeah. Gross! Gross, mean, pointless, and not there.
00:36:50	Ross	Host	Though— <i>[chuckles]</i> right. Uh, I feel it's akin to our future situation, where we'll have cloned meat—meat that's prepared sort of in vitro, pitri di—

00:37:02	Carrie	Host	Mm-hmm.
00:37:03	Ross	Host	—however you want to refer to it. But the idea is—
00:37:04	Carrie	Host	Nobody gets hurt?
00:37:05	Ross	Host	Yeah. You take one meat cell and then you clone that and, uh, yeah, the animal didn't even have to die for that to get seeded. In this case, yeah. I guess you can have one very small bit of—was it liver, did you say?
00:37:17	Carrie	Host	Uh, I forget if it's liver or gut or what. It's sad.
00:37:19	Ross	Host	Oh, well. Whatever it is, it's awful. Boy, I wonder about that, when they have a preparation called, "influenzium 200." Does that mean that they just took—
00:37:29	Carrie	Host	Riiight.
00:37:30	Ross	Host	—some flu virus somehow? They got their hands on that, and they—or someone sneezed into a—a 99 drops of alcohol and then they did their succussion thing?
00:37:40	Carrie	Host	Yeah, I mean that sounds like a nosode.
00:37:42	Ross	Host	I'd love to see how all of these were originated. Like, what they actually did to get these batches started.
00:37:48	Carrie	Host	Whoa. Wait.
00:37:50	Ross	Host	I'm waiting.
00:37:51	Carrie	Host	Whoa.
00:37:52	Ross	Host	What?
00:37:53	Carrie	Host	I'm looking at Boiron's website.
00:37:56	Ross	Host	<i>[Chuckles and slurs, "Boiron."]</i> Yeah? Ugh.
00:37:58	Carrie	Host	As we all know, the—the top maker of homeopathy at—probably in the world.
00:38:02	Ross	Host	Yeah. Certainly someone you always see in the US.
00:38:04	Carrie	Host	Mm-hmm. Influenzinum, which is their—it's proprietary—
00:38:09	Ross	Host	Oh, okay.
00:38:10	Carrie	Host	Is a homeopathic dilution from the approved seasonal and activated influenza vaccine.
00:38:16	Ross	Host	<i>[Stutters pointedly]</i> What?
00:38:19	Carrie	Host	<i>[Giggling]</i> So, they take—
00:38:21	Ross	Host	<i>[Sighs]</i> A vaccine.
00:38:22	Carrie	Host	—the vaccine.
00:38:23	Ross	Host	Something useful.
00:38:24	Carrie	Host	Yeah. For a second, you're like "Oh, my God. The homeopaths are taking a vaccine. Alright!" And then they're like, "Hang on. We're gonna put it in water. And then we're gonna succus it—

00:38:32 Ross Host Or alcohol.

00:38:33 Carrie Host —a bajillion fucking times.

00:38:34 Ross Host Uh-huh.

00:38:35 Carrie Host And then we're gonna put it in some sugar pills and give that to you.

[Ross laughs pointedly.]

How would they even get the—you have to have an actual doctor who goes and gets the vaccine.

00:38:45 Ross Host They must—

00:39:46 Carrie Host I'm kind of doubting this even happens.

00:39:48 Ross Host Do they have someone on the inside? Like a whistleblower
[breathes dramatically]?

00:39:51 Carrie Host *[Gasps]* Do they have a whistle? We should call. I got Boiron to refund me one time.

00:38:57 Ross Host Oh, I remember that!

00:38:58 Carrie Host Years ago.

00:38:59 Ross Host Yeah, there's a video on Youtube somewhere of you, uh—

00:39:01 Carrie Host Yeah.

00:39:02 Ross Host —when you lived in the Hobbit home.

00:39:03 Carrie Host Yep. That's right.

00:39:04 Ross Host Getting them to refund you for your purchase.

00:39:06 Carrie Host Needs no more explanation than that.

00:39:09 Ross Host That'll get people searching on YouTube.

00:39:10 Carrie Host “Carrie Hobbit house?”

[Ross laughs heartily.]

No, uh—

00:39:15 Ross Host Getting colder. Colder.

00:39:16 Carrie Host But you can look up, “Carrie Boiron.”

00:39:19 Ross Host Boy-ron.

00:39:20 Carrie Host Which you obviously know how to spell.

00:39:21 Ross Host Yeah.

00:39:22 Carrie Host It's *[slurs]* Boiron.

[Both laughs.]

00:39:25	Ross	Host	<p><i>[Carrie makes guttural sounds on each syllable as Ross speaks.]</i></p> <p>B-O-I-R-hor.</p> <p><i>[Both giggle.]</i></p> <p>Carrie doesn't want you to know how to spell, "Boiron."</p> <p><i>[Ross laughs while Carrie continues to make guttural vowel sounds.]</i></p> <p>This is—like, I—I endlessly crack up at the, uh, fake pronunciation Youtube. It puts out names and words that people commonly don't know how to pronounce. Like, "Brett Farve."</p>
00:39:47	Carrie	Host	Mm-hmm.
00:39:48	Ross	Host	And so— <i>[chuckling]</i> —if you listen to it, it says, "Beau Foofer." "Beau. Foofer."
00:39:52	Carrie	Host	<i>[Laughs]</i> And so confidently.
00:39:54	Ross	Host	<i>[Chuckling]</i> Yeah.
00:39:55	Carrie	Host	It's very important, the delivery.
00:39:56	Ross	Host	But Justin Bieber is, "Juggy Brodleteen. Juggy. Brodleteen."
			<i>[Carrie laughs.]</i>
			<i>[Chuckling]</i> Oh, they just make me laugh and laugh.
00:40:06	Carrie	Host	John Hodgman does a similar thing, where if you donate during MaximumFun Drive and choose, "Judge John Hodgman" as one of the shows you listen to, he will say your name badly on Instagram.
00:40:16	Ross	Host	Oh, nice!
00:40:17	Carrie	Host	Yeah.
00:40:18	Ross	Host	The Youtube channel, is, "Pronunciation Manual." It's hours of fun.
00:40:20	Carrie	Host	<i>[Slurring]</i> Pronunciation Manual. <i>[Slurs another word, then resumes her regular tone]</i> I speak French.
00:40:26	Ross	Host	I'm gonna stop this, or I'll just start listening to these for half an hour.
00:40:29	Carrie	Promo	Well, you know what I could do for half an hour or an hour or 24 hours?
00:40:35	Ross	Promo	Make websites, I bet.
00:40:36	Carrie	Promo	Exactly. I could make websites. I can't get e-freaking-nough of websites.
00:40:40	Ross	Promo	I know, Carrie and her energy signature. It's all about websites.
00:40:45	Carrie	Promo	Exactly, Ross. I love to make a website, like, on a Saturday, when you're like, "Oh let's—let's take a load off." I've had such a busy week.
00:40:52	Ross	Promo	Mm-hmm. Oh, yeah.

00:40:53	Carrie	Promo	You know, I'm—I'm an architect. I'm a photographer. I'm a food producer. I'm a producer producer. I'm an instructor. I'm a wedding professional. I'm a restaurant. I'm a bar. I'm a pub. I'm a wellness coach. Or I'm a sports team. Or I'm a personal trainer.
00:41:04	Ross	Promo	All of those things.
00:41:05	Carrie	Promo	Or I'm a coach. And it's time to take a load off. I think I will make a website for myself.
00:41:11	Ross	Promo	Yeah! When you're done with the brown paper packages tied up with strings, hopefully there's a website inside of them. And to create that dream—that dream that is a great idea, that doesn't have a website yet—you can make that real with Squarespace.
00:41:25	Carrie	Promo	That's right. You can create a <u>beautiful</u> website to blog or publish content. Have you heard about content lately? It is blowing up.
00:41:33	Ross	Promo	You know, it's king.
00:41:34	Carrie	Promo	Mm-hmm.
00:41:36	Ross	Promo	And, uh, you can promote your physical or online business. And a lot of business are online right now.
00:41:41	Carrie	Promo	<i>[Chuckling]</i> That's true. Maybe you want to announce an upcoming event. Maybe you're doing your own COVID-19 symptoms homeopathy class. Well...uh, you could promote that. Uh, I'm not gonna stop you, but maybe you shouldn't.
00:41:54	Ross	Promo	It's a good way to get \$55 out of us.
00:41:56	Carrie	Promo	<i>[Amused]</i> That's true.
00:41:57	Ross	Promo	Or \$110. But hopefully you're doing something more legitimate than that. Squarespace gives you access to beautiful templates created by world-class designers.
00:42:05	Carrie	Promo	It gives you powerful e-commerce functionality.
00:42:09	Ross	Promo	A new way to buy domains and choose from over 200 extensions.
00:42:13	Carrie	Promo	And 24/7, award-winning customer support. They got an Emmy, you guys.
00:42:18	Ross	Promo	<i>[Whispers]</i> Wow.
00:42:19	Carrie	Promo	So check out squarespace.com/ohno for a free trial. And when you're ready to launch, just use the offer code, "OhNo," to save 10% off your first purchase of a website or domain.
00:42:29	Ross	Promo	You're a daisy if you do.
00:42:31	Carrie	Host	So, she also was talking a little bit about vitamin C. Gotta get your vit C.
00:42:36	Ross	Host	Yeahhh.
00:42:37	Carrie	Host	Vitamin C's a complicated one.

00:42:39	Ross	Host	<i>[Carrie makes several affirming sounds as Ross speaks.]</i> Yeah. 'Cause vitamin C is essential. You need to have it. We don't make it in our own bodies. If you've listened to my interview with Nathan Lents, our bodies used to make it back when we weren't primates and we had the Gulo gene. Your cat does.
00:42:56	Carrie	Host	Don't drink the Culo.
00:42:57	Ross	Host	<i>[Chuckles briefly]</i> Your dog does. They make their own vitamin C, but we don't. So, yes. You do need vitamin C. Good to get it through natural sources.
00:43:06	Carrie	Host	And you have to get it all the time because you keep peeing the fucker out.
00:43:09	Ross	Host	Right. So, all that is true and good. What does she say?
00:43:12	Carrie	Host	So, you want to take a whole bunch of it.
00:43:14	Ross	Host	Yeah.
00:43:15	Carrie	Host	Like, a whooole bunch of it. Let's see. What did she say?
00:43:17	Ross	Host	3,000 to 5,000 milligrams daily.
00:43:21	Carrie	Host	That seems like a lot.
00:43:22	Ross	Host	Which I guess would just be 3 to 5 grams.
00:43:24	Carrie	Host	<i>[Laughing]</i> Oh, right. It's always funny when people do that.
00:43:28	Ross	Host	<i>[Chuckling]</i> Yeah.
00:43:29	Carrie	Host	I always kind of go back and forth on the way people talk about vitamins. A lot of times, I'll hear people who are very science-minded like us—
00:43:35	Ross	Host	Mm-hmm?
00:43:36	Carrie	Host	Say, " <i>[Sighs]</i> You don't need vitamins unless you're deficient." Well, okay. Yes. But it's also <u>not</u> that hard to become deficient temporarily.
00:43:44	Ross	Host	Mm-hmm.
00:43:45	Carrie	host	And topping off the gas tank, eh? Fine.
00:43:48	Ross	Host	Mm-kay.
00:43:49	Carrie	Host	But then some people go to this other extreme of, like, "If I pack in a million grams of vitamin C all day, I'll just get healthier and healthier and healthier—" No. No, no, no. There's an upper limit to what you can do here.
00:44:02	Ross	Host	Right. And she said that, essentially. "You cannot overdo it with vitamin C."
00:44:07	Carrie	Host	Mm-hmm.
00:44:08	Ross	Host	She said, "Yeah, if you get more than you need, you'll pee it out. And okay, if you add another, like, gram per day and finally you start getting loose bowels, that's when to dial it back."
00:44:19	Carrie	Host	<i>[Laughing]</i> It's just my favorite fact.

00:44:20	Ross	Host	1,000 milligrams.
00:44:21	Carrie	Host	Yeah, that—that you want to get to what she called, “bowel tolerance.”
			<i>[Ross chuckles.]</i>
			She was like, “So take these until bowel tolerance, which is when you flush or, well, diarrhea. So you keep increasing every 30 to 60 minutes and then—when you’ve found your limit because you’re diarrheating—then you go down one level—”
00:44:43	Ross	Host	<i>[Quietly]</i> Wow.
00:44:44	Carrie	Host	“—and then stay there. Just take those until you diarrhea.” <i>[Giggling]</i> This is terrible advice. Especially if you’re dehydrated!
00:44:51	Ross	Host	She gave us a couple hints in this talk that English wasn’t her first language—
00:44:55	Carrie	Host	Oh!
00:44:56	Ross	Host	I mean, she—she speaks very well.
00:44:57	Carrie	Host	Oh, I didn’t notice that at all.
00:44:58	Ross	Host	When she was trying to think of cold compresses—
00:45:01	Carrie	Host	Uh-huh?
00:45:02	Ross	Host	—she was saying, “Oh, what’s that English word for, ahhh...”
00:45:04	Carrie	Host	Oh, interesting.
00:45:05	Ross	Host	She had to think about it. “Compress.” So I wonder what her original language is.
00:45:08	Carrie	Host	Huh. Oh, I didn’t—
00:45:09	Ross	Host	She speaks very good English.
00:45:10	Carrie	Host	Right, right, right.
00:45:11	Ross	Host	But just every now and then—
00:45:12	Carrie	Host	Or maybe she’s bi—maybe she grew up bilingual and just, like—
00:45:14	Ross	Host	Oh, maybe.
00:45:15	Carrie	Host	Cause that—like, my—one of my best friends—Alisha—is bilingual. And every once in a while, she’ll be like, “Oh, I’m thinking of the Spanish word. What is the English word?” Uh, yeah.
00:45:21	Ross	Host	Right. There were just little word choices here and there that made me think, like, “Oh, okay.”
00:45:23	Carrie	Host	Mm-hmm. Oh, interesting.
00:45:26	Ross	Host	“She’s got some other language floating around in her head.” But I’m sure we’ve mentioned this on the show before, but the vitamin C fixation we have Linus Pauling to thank for—
00:45:34	Carrie	Host	Mm-hmm.

00:45:37	Ross	Host	—who was a <u>brilliant</u> scientist and won <u>two</u> Nobel prizes. And yet even he could chase this rabbit trail that was not productive and not right.
00:45:45	Carrie	Host	Yeah.
00:45:46	Ross	Host	He went around promoting vitamin C as kind of a cure-all. And that's not correct.
00:45:49	Carrie	Host	<i>[In the negative]</i> Mm-mm. Cure-alls cure nothing.
00:45:52	Ross	Host	But now everybody has that so firmly entrenched in their minds. "Ooh, I'm feeling sick. I better start taking some vitamin C."
00:45:57	Carrie	Host	But like I'm saying, I don't think that's the—if you're taking a little—
00:45:59	Ross	Host	It's not the worst thing.
00:46:00	Carrie	Host	Yeah. If you're taking a little, you might be topping off the tank.
00:46:03	Ross	Host	Eat an orange. Why not? Have some lemonade.
00:46:04	Carrie	Host	But—yeah, eat an orange. There you go <i>[chuckles]</i> .
00:46:07	Ross	Host	It's one of my favorite drinks. Can't get enough lemonade.
00:46:10	Carrie	Host	Here's a little inside-Ross-Blocher tip. You ever see Ross, offer him a lemonade or a root beer. He'll be very happy about the situation.
00:46:18	Ross	Host	Yeah! Or a—
00:46:19	Carrie	Host	Those are his two favorite drinks.
00:46:20	Ross	Host	—or a Martinelli's sparkling cider.
00:46:22	Carrie	Host	Ahhh, is that a third? Okay.
00:46:23	Ross	Host	That rounds out the top three.
00:46:25	Carrie	Host	Okay. Nice, nice, nice. Oh, yeah. So then I asked her, "Well, so wouldn't vitamin C and all those things, would they be stronger if they were diluted homeopathically?"
00:46:33	Ross	Host	Yeah!
00:46:34	Carrie	Host	Cause you've already sold me on this concept.
00:46:36	Ross	Host	Good point!
00:46:37	Carrie	Host	And I said, "I mean, you're talking about these really high doses of, like, vitamin D. Wouldn't that make them weaker?" And she's like, "Oh, no, no, no, no. You can't do that." <i>[Laughs]</i> 'Cause you need actual vitamin C.
00:46:47	Ross	Host	Yeah. This one is—I guess—very clearly tied to the <u>physical</u> body.
00:46:51	Carrie	Host	Mm-hmm.
00:46:52	Ross	Host	Not the energy body. So, that's where you want to use a real substance.
00:46:56	Carrie	Host	Right. Which, I mean, good. I'm glad she's aware of this. But at the same time I was like, "Okay, well why do those behave so differently?" And she's like, "I don't really know what you're asking."

It's just—just don't take those homeopathically." Okay. Well...I was trying to form some internal consistency for you, but forget it.

00:47:12	Ross	Host	Not taking the bait. Oh, vitamin D is another one. You can't get too much of that.
00:47:16	Carrie	Host	Is that true? Yeah, I guess that one's water soluble.
00:47:18	Ross	Host	Eh, she was talking about, like, 5,000 IUs daily?
00:47:23	Carrie	Host	Oh, <u>goodness</u> .
00:47:24	Ross	Host	Thaaat's a lot of vitamin D. And again she'd prefer it not be supplemental. But, you know, if that's what you need. She said to also take vitamin K. I guess that helps fix it, or—I don't know. Vitamin K was like a good assist there on the body handling the vitamin D.
00:47:39	Carrie	Host	Wait. I am not scientist. <u>But</u> . But I just looked up vitamin D, and it says it's fat soluble. So I don't think you do want to get too much of fat-soluble vitamins, right?
00:47:49	Ross	Host	I don't know. She said to eat it with fatty food.
00:47:52	Carrie	Host	Hmm.
00:47:53	Ross	Host	So eat it with some avocados or something.
00:47:54	Carrie	Host	Oh! Yeah, no. The Mayo Clinic says vitamin D toxicity—oh, is a rare but potentially serious condition that occurs when you have excessive amounts of vitamin D in your body.
00:48:04	Ross	Host	Okay.
00:48:05	Carrie	Host	So, yeah. You know. Look up what the upper limit is before you got taking a bunch of vitamin D to prove a point.
00:48:11	Ross	Host	What else did she want you to take? Selenium, zinc, quercetin?
00:48:16	Carrie	Host	I'm not gonna correct you.
00:48:17	Ross	Host	I don't know what that is. A plant flavonol from the flavonoid group of polyphenols—that's boring—of a—
00:48:27	Carrie	Host	Okay. Flavonoids—I think—are like the B vitamins.
00:48:30	Ross	Host	It's a plant pigment—
00:48:32	Carrie	Host	Okay.
00:48:33	Ross	Host	—found in many plants and foods such as red wine, onions, green tea, apples, berries, ginkgo biloba, and so on.
00:48:41	Carrie	Host	Mm-kay.
00:48:42	Ross	Host	"And some people use it as a medicine," says WebMD
00:48:44	Carrie	Host	Oh, some people.
00:48:45	Ross	Host	Alright.
00:48:46	Carrie	Host	Alright. She also mentioned anas barbariae, which sounds like a woman's name. Oscillocoquinum, of course. Classic.

00:48:53	Ross	Host	Mm-hmm.
00:48:54	Carrie	Host	And aconitum. And she said, "Most people who take those won't advance in symptoms even if they have COVID-19."
00:49:02	Ross	Host	That—there you go.
00:49:03	Carrie	Host	<i>[Chuckles]</i> There you go. We don't need any evidence of that. Just say it.
00:49:08	Ross	Host	Mm-hmm.
00:49:09	Carrie	Host	She also recommended zinc 30 milligrams a day. Not the worst advice. Zinc is one of the few things that actually, like, may shorten the duration of a cold.
00:49:16	Ross	Host	Yes. Though if you overdo it with zinc, I think you can lose your sense of smell?
00:49:21	Carrie	Host	I've particularly heard that you don't wanna do, like, the sprays up the nose with zinc.
00:49:26	Ross	Host	Oh, yeahhh. That that could be potentially very dangerous to your sense of smell.
00:49:29	Carrie	Host	Yeah. That's what I've heard. I don't know if it's true. Your mileage may vary. She also told us that she got advice from her spiritual leader.
00:49:37	Ross	Host	Oh, yeah. What is that? Does that mean, like, a human? Or is this some sort of spirit guide? You never know.
00:49:44	Carrie	Host	Well, she—she said the spiritual leader said that sumac is <u>the cure</u> for COVID-19.
00:49:51	Ross	Host	Right, and she didn't seem too—I don't know. That wasn't the whole subject of the class She didn't—
00:49:56	Carrie	Host	Right. If this were true, this would be a big bomb.
00:49:59	Ross	Host	Right. And she didn't seem to really talk about it any more than that. It was just like, "Oh. My spiritual guide says this."
00:50:05	Carrie	Host	Mm-hmm.
00:50:06	Ross	Host	Take it or leave it.
00:50:07	Carrie	Host	So I did look this up.
00:50:08	Ross	Host	Okay. Sumac.
00:50:09	Carrie	Host	I could only find one reference to it, and it was a Turkish website that I had to have Google Chrome translate for me.
00:50:14	Ross	Host	Okay.
00:50:15	Carrie	Host	But it was saying that there was a religious figure in Turkey promoting this idea based on a dream he had.
00:50:22	Ross	Host	<i>[Sighs, then tiredly]</i> That's a great way to get info. Goodness.
00:50:26	Carrie	Host	<i>[Chuckles]</i> That's how Daniel did it. So another thing she said we could do is—ugh, this sounds so terrible. Take—
00:50:32	Ross	Host	Is this the wet sock thing?

00:50:33	Carrie	Host	Yesss. Ugh.
00:50:35	Ross	Host	<i>[Laughs]</i> Gross <i>[sighs]</i> .
00:50:36	Carrie	Host	You wet some socks. You put them on your feet.
00:50:38	Ross	Host	Uh-huh.
00:50:39	Carrie	Host	You put them on your feet.
00:50:41	Ross	Host	Kay.
00:50:42	Carrie	Host	Then you put wool socks over the wet socks. What? She loves doubling socks.
			<i>[Ross chuckles.]</i>
			Then you go to sleep. Ugh!
00:50:49	Ross	Host	Mm-hmm. And then you wake up healthy.
00:50:51	Carrie	Host	By morning you'll feel better. This has been used for hundreds and thousands of years.
00:50:56	Ross	Host	Thousands of years. I know, and immediately I start picturing people from thousands of years ago with wool socks.
00:51:01	Carrie	Host	With two pairs of socks.
00:51:03	Ross	Host	Yeah. Huh.
00:51:04	Carrie	Host	Also something being used a long time, that doesn't tell you very much.
00:51:08	Ross	Host	Argument from antiquity.
00:51:09	Carrie	Host	Mm-hmm. But also—
00:51:10	Ross	Host	Well, okay. Your mileage may vary.
00:51:12	Carrie	Host	Sounds so awful!
00:51:13	Ross	Host	Yeah.
00:51:14	Carrie	Host	Ugh!
00:51:15	Ross	Host	You know that game, "Would You Rather?"
00:51:18	Carrie	Host	Mm-hmm.
00:51:19	Ross	Host	My favorite question I ever saw—I—I don't know why it made me laugh so much. But your option was, "Would you rather always have wet socks or always have air blowing in your face?"
00:51:30	Carrie	Host	Oh, air blowing in my face!
00:51:32	Ross	Host	Okay!
00:51:33	Carrie	Host	Oh, 100%.
00:51:34	Ross	Host	And those are both incredibly annoying.
00:51:37	Carrie	Host	<i>[Laughs]</i> Sure. But I'm a dog at heart.
00:51:38	Ross	Host	<i>[Chuckles]</i> Okay. Alright.

00:51:41	Ross	Host	Uh, you know, I'm not sure. I—
00:51:43	Carrie	Host	I mean, if I—well first, I'd want to ask a doctor, "Listen. Is this gonna give me glaucoma or something?"
00:51:48	Ross	Host	<i>[Chuckles]</i> Right.
00:51:49	Carrie	Host	'Cause my eyes will dry out 'til <i>[inaudible]</i> . But if there's no actual medical danger, air in my face.
00:51:52	Ross	Host	I think I'll go with the wet socks.
00:51:53	Carrie	Host	Whooooa! Let's do it.
00:51:55	Ross	Host	They're both so annoying, though.
00:51:56	Carrie	Host	Let's do it for the rest of our lives. For one episode of this podcast.
00:51:57	Ross	Host	<i>[Chuckles]</i> Okay. Let's commit—commit to this Would You Rather card that Ross read when he was in high school.
00:52:05	Carrie	Host	It's funny, though, because air blowing in your face is going to come up at the very end of this talk.
00:52:09	Ross	Host	Ahhh.
00:52:10	Carrie	Host	Mmm.
00:52:12	Promo	Promo	Music: Mellow ukulele music plays in the background.

Jordan Morris: Welcome!

Speaker 1: Thank you.

Speaker 2: Thanks!

Speaker 3: No problem. Thank you.

Jesse Thorn: These are real podcast listeners, not actors.

Jordan: What do you look for in a podcast?

Speaker 1: Reliability is big for me.

Speaker 2: Power.

Speaker 3: I'd say comfort?

00:52:26	Promo	Promo	<p>Jordan: What do you think of this?</p> <p><i>[Loud metallic crash and clanging.]</i></p> <p>All: Ooh.</p> <p>Speaker 2: That's <i>Jordan, Jesse, Go!</i></p> <p>Speaker 1: <i>Jordan, Jesse, Go!?</i></p> <p>Speaker 2: They came out of the floor?</p> <p><i>[Loud thump.]</i></p> <p>Speaker 1: And...down from the ceiling?</p> <p>Speaker 3: That... can't be safe.</p> <p>Speaker 1: I'm upset.</p> <p>Speaker 2: Can we go now?</p> <p>Jordan: Soon.</p> <p><i>[Music that sounds like it would have backed a 1990s commercial starts.]</i></p> <p>Jesse: <i>Jordan, Jesse, Go!:</i> a <u>real</u> podcast.</p> <p><i>[Music fades out.]</i></p>
00:52:48	Carrie	Host	So also she was having a lot of trouble finding the chat window in this part of the talk.
00:52:52	Ross	Host	Oh, my goodness! Yeah, the whole time the Prezi presentation would zoom in, zoom out, zoom in, zoom out.
00:52:57	Carrie	Host	Mm-hmm.
00:52:58	Ross	Host	And it—it looked like she just had sort of a nervous tick, where she just had to sort of scroll something or move around—
00:53:03	Carrie	Host	Oh, huh.
00:53:04	Ross	Host	—and she'd say, "Ugh, I don't know why it's doing this." <i>[Chuckles]</i> And then would she'd say, "Someone asked a question, and I can't find the chat. Where is it? Do I need to click out of here?"
00:53:12	Carrie	Host	And it's that thing that—I don't know if this is a universal experience of someone about my age, but where you have to convince your parents, like, "If you're not sure what's happening, don't keep clicking things."
00:53:24	Ross	Host	Mm.
00:53:25	Carrie	Host	"You're just giving the computer more things to do before it returns to stasis—"
00:53:28	Ross	Host	Sure.

00:53:29	Carrie	Host	"—so we can deal with this situation."
00:53:32	Ross	Host	Sure.
00:53:33	Carrie	Host	I feel like there was a little bit of that.
00:53:34	Ross	Host	Yeah, you're just hastening yourself towards the spinning ball of death.
00:53:37	Carrie	Host	<i>[Chuckles]</i> Right.
00:53:38	Ross	Host	Or—or program crash.
00:53:40	Carrie	Host	Alright. So as you're going along in your COVID-19 journey, you want to continue with natural medicines, hydrotherapy. You can add activated charcoal.
00:53:49	Ross	Host	Oh, yes.
00:53:50	Carrie	Host	And she says, "Activated charcoal is great, 'cause it absorbs everything in the body. Good and bad." And then she said, "It's what they use when someone ODs. They pump the body with activated charcoal." Which, if you ingested something—
00:54:06	Ross	Host	Oh, and you need to, like, physically collect it—'cause charcoal is thirsty—
00:54:10	Carrie	Host	Yeah. It'll basically coat your stomach and block your system from taking up that drug. But a lot of ODs are intravenous. You can't put charcoal in someone's veins. I don't know. It seems like a real oversimplification.
00:54:23	Ross	Host	Mm. Speaking of activated charcoal and giving Ross lemonade.
			I remember during—do you remember that?
00:54:29	Carrie	Host	<i>[Laughing]</i> I know what you're—where you're going with this.
00:54:31	Ross	Host	During the Amazing Vax series, one day Carrie brought me this activated charcoal. Maybe it was a different seminar. Anyways, <i>[chuckles]</i> it was like lemonade, but it was dark grey.
00:54:41	Carrie	Host	Yeah. It looked terrible. It was—
00:54:42	Ross	Host	And Carrie just watched me with a big grin. Like, "You gonna drink this gritty, awful stuff?"
00:54:47	Carrie	Host	— <i>[laughing]</i> it was \$11.
00:54:49	Ross	Host	I mean, it's technically lemonade.
00:54:50	Carrie	Host	"You love lemonade. I got you this."
00:54:52	Ross	Host	"I spent extra money to get you bad lemonade."
00:54:55	Carrie	Host	<i>"[Laughing even harder]</i> It's \$11." <i>[Sighs]</i> What a good day.
00:54:58	Ross	Host	<i>[Sighs]</i> Good times.
00:54:59	Carrie	Host	I think that was the same day that Kellyanne Conway first used the term, "alternative facts."
00:55:07	Ross	Host	Wow. I—I like that these are linked in your mind.

00:55:09	Carrie	Host	Yeah. 'Cause I just remembered describing that to you, and you being like, "What?"
			<i>[Both laugh.]</i>
			But we were so tip-of-the-iceberg at that point. By the way—while we're talking about ODing—just a sidenote—I feel like it's something we don't get to talk about a lot. So even though it's a little bit of a segue, it's a good time to talk about synthetic opioids. They are now the leading cause of accidental death in the US. More than car crashes.
00:55:31	Ross	Host	Whoa.
00:55:32	Carrie	Host	Yeah.
00:55:33	Ross	Host	Whoa.
00:55:34	Carrie	Host	So just a little PSA here. I think most of us have been affected by this point by someone we love struggling with this. So, if your doctor prescribes synthetic opioids for more than three days—especially for acute pain—like, you know, you just got in an accident or whatever—it's a bit of a red flag. It doesn't mean for sure your doctor is a bad doctor. But, like, you do want to say, "Ooh." 'Cause that's about where your addiction profile raises—
00:55:58	Ross	Host	<i>[Intrigued]</i> Ohh. Yeah.
00:55:59	Carrie	Host	It's three days, your risk of addiction will spike quite a bit. SO you just wanna have that information. Be an advocate for yourself, because this—
00:56:06	Ross	Host	Push back a little bit.
00:56:07	Carrie	Host	—this—yeah. This is a real problem—
00:56:09	Ross	Host	Yeah.
00:56:10	Carrie	Host	—especially in the States.
00:56:11	Ross	Host	Good advice.
00:56:12	Carrie	Host	So she also told us thirst is a good indicator for what's going on.
00:56:15	Ross	Host	Hmm.
00:56:16	Carrie	Host	Someone who needs phosphorus will want to gulp down lots of cold water, whereas someone who needs belladonna won't want any water.
00:56:25	Ross	Host	Take that for what it's worth.
00:56:26	Carrie	Hsot	<i>[Chuckles]</i> Also, how do you know that someone doesn't want wa—like, I guess right now I need belladonna? Like, 'cause I'm not thirsty?
00:56:33	Ross	Host	<i>[Thoughtfully]</i> Yeah.
00:56:34	Carrie	Host	Ugh. So This is where she mentioned the EVMS protocol again.
00:56:39	Ross	Host	Oh, right. Yeah, what is that?

00:56:41	Carrie	Host	So the East Virginia Medical School did put out this protocol. They have been dealing with a lot of cases of COVID-19 and had written out this protocol that she was quoting from. We talked about it in the first episode. They said something about, “letting the disease take its natural course.”
00:56:56	Ross	Host	Ah, okay.
00:56:57	Carrie	Host	What they were saying was—
00:56:58	Ross	Host	And took him out of context.
00:56:59	Carrie	Host	Yeah. They were saying, “You don’t want to necessarily want to immediately intervene with breathing support—“
00:57:05	Ross	Host	Mm-hmm.
00:57:06	Carrie	Host	“—because that introduces a whole host of other issues you’re now going to have to deal with.” Sometimes you will need to do that, but you don’t want to jump to it, right? So she took that tiny sentence about a natural course, took it out of context, and made it sound like they’re endorsing homeopathy or—
00:57:20	Ross	Host	In this \$55 course.
00:57:22	Carrie	Host	<i>[Chuckles briefly]</i> Right. Right. So. I said to myself, I said, “I bet I can find the source of that.”
00:57:28	Ross	Host	Mm-hmm.
00:57:29	Carrie	Host	And I done did.
00:57:30	Ross	Host	<i>[Ross makes a few amused and affirming sounds as Carrie speaks.]</i>

It turns out this protocol was written by Dr. Paul E. Marick from East Virginia Medical School. I reached out to him. I said, “Yo, I’m taking this class. Here’s how your quote’s being used. I just wanted to see if you feel like this is, uh, an appropriate understanding of what you meant when you said that natural course seems to be the best.”

He wrote back and he said, “Thank you for this. Without question, homeopathy has no scientific basis, has been shown not to work. She’s obviously misquoting our work, and we are not herbalists or naturopathic doctors. Please keep me updated about this.”

00:58:05	Ross	Host	Good.
00:58:06	Carrie	Host	So shoutout to Paul Marick. Hello, hello. So, when she brought this up again, I was like, “Okay. I’m gonna say something about this.” So in the Zoom chat, I said, “Oh, uh, you know it’s interesting you mentioned the EVMS. I know the guy who wrote that. And while we’ve been talking, I said, ‘Hey! Uh, this class is mentioning your protocol! What do you think?’ And here’s what his reply was.”
00:58:26	Ross	Host	Mm-hmm.
00:58:27	Carrie	Host	And she sort of read that.
00:58:28	Ross	Host	Ahh. Okay, I heard her reply to that. Alright. She didn’t let it get her down too much.
00:58:33	Carrie	Host	No. Yeah, she said something like, “Oh, okay. Yeah. I mean, people say all sorts of things on homeopathy. I just ignore them.”

00:58:40	Ross	Host	<i>[Chuckles]</i> But—and then you selectively quote them when promoting your homeopathy class.
00:58:46	Carrie	Host	Right. Right. So then she also told us, uh, other things we could do. Ozone treatments, for example.
00:58:52	Ross	Host	Mm-hmm.
00:58:53	Carrie	Host	Don't do it, guys.
00:58:55	Ross	Host	Ugh.
00:58:56	Carrie	Host	Don't do it.
00:58:57	Ross	Host	So dangerous.
00:58:58	Carrie	Host	Can be very dangerous. Especially the intravenous gas therapy.
00:59:01	Ross	Host	You can get an embolism. Those are bad.
00:59:03	Carrie	Host	Yep. Your veins are not meant for gas. They're meant for blood.
00:59:05	Ross	Host	Those can kill you right away.
00:59:07	Carrie	Host	Mm-hmm. That's right.
00:59:08	Ross	Host	But then she tells us what to do if someone is critical.
00:59:13	Carrie	Host	Yes!
00:59:15	Ross	Host	<i>[Laughing]</i> Okay. Carrie's so excited. So, yeah. Let's say you've done everything right. Of course, 'cause you're a naturopathic doctor. But what if someone gets to a really scary point, where it looks like they need hospitalization?
00:59:27	Carrie	Host	Mm-hmm.
00:59:28	Ross	Host	<i>[In a patronizing tone]</i> "Well, first of all, I'm not gonna stop you from taking them to the hospital. If you feel you need to do that, go ahead."
00:59:32	Carrie	Host	You could.
00:59:33	Ross	Host	<i>[Continuing the tone]</i> "Just be aware, as soon as you take them to the hospital, they're gonna take them away from you, and you won't have any control over them anymore."
00:59:39	Carrie	Host	Thank God.
00:59:40	Ross	Host	<i>[Chuckling]</i> I'm thinking, "Good!"
00:59:44	Carrie	Host	<i>[Laughing]</i> You're not an appropriate person.
00:59:45	Ross	Host	"But there's some things that you can do—"
00:59:47	Carrie	Host	Mm-hmm?
00:59:48	Ross	Host	"—if somebody is critical." Alright, you're excited, Carrie. What can we do?
00:59:50	Carrie	Host	Well, thank you for asking. Ross, is it?
00:59:53	Ross	Host	I'm Ross.
00:59:54	Carrie	Host	If they are collapsing—

00:59:56	Ross	Host	Yes.
00:59:57	Carrie	Host	—passed out, on the verge of death— <u>or have just died</u> —
			<i>[Both laugh heartily.]</i>
			—you can give them corpse reviver!
01:00:08	Ross	Host	<i>[Trying not to laugh]</i> Corpse reviver?! What?! Is that—is that something not from the world of magic? Or Harry Potter?
01:00:14	Carrie	Host	<i>[Laughing]</i> Corpse reviver! Corpse reviver brings people back to live, but only if they have <u>just</u> crossed over.
01:00:24	Ross	Host	“Carbo veg-et-ab-lis,” is the name of the corpse reviver.
01:00:30	Carrie	Host	It sounds like wet potato <i>[laughs]</i> .
01:00:33	Ross	Host	<i>[Chuckles]</i> Yeah, it’s—it’s got a lot of carbs.
01:00:34	Carrie	Host	Carby veg.
01:00:35	Ross	Host	Yeah—yeah. Carbo vegetabilis. Wait. Carbo vegetabil <u>s</u> .
01:00:38	Carrie	Host	<i>[Slurring and nasally]</i> Carbo vegetabilis.
01:00:40	Ross	Host	She went—she went on to say, “You know, that—there’s been times that it’s been known to work.”
01:00:45	Carrie	Host	Uh—
01:00:46	Ross	Host	And that's clearly not something that works <u>all</u> the time—
01:00:48	Carrie	Host	Right.
01:00:49	Ross	Host	—even in <u>her</u> estimation. "But, hey, you know, if they’ve just died, give it a chance! Give them some carbo vegetabilis."
01:00:52	Carrie	Host	<i>[Laughs breathlessly]</i> You might be able to revive them.
01:00:57	Ross	Host	Carbo vegetabilis, I guess. Okay. Oh, Boiron sells it.
01:01:00	Carrie	Host	Oh, good.
01:01:02	Ross	Host	Also known as vegetable charcoal, it is prepared by igniting a pile of dried beech or birchwood, which is then covered by a thick layer of soil. And then some homeopath comes along, grabs that, and succusses it and succusses it—
01:01:18	Carrie	Host	And says, “Give this to your dead friends.”
01:01:20	Ross	Host	And this will revive you from death.
01:01:22	Carrie	Host	Maybe.
01:01:23	Ross	Host	Maybe. No promises.
01:01:25	Carrie	Host	But if that doesn’t work, this is actually an either-or. Do you know what the other remedy is, if your friend has just died?
01:01:33	Ross	Host	A high potency of some other remedy?
01:01:36	Carrie	Host	Nope.
01:01:37	Ross	Host	Cell salts? Frequently?

01:01:39	Carrie	Host	Nope.
01:01:40	Ross	Host	Hydrotherapy and oxygen drops?
01:01:41	Carrie	Host	<i>[In the negative]</i> Mm-mm.
01:01:43	Ross	Host	Uh, insist on an IV of vitamin C at the hospital?
01:01:46	Carrie	Host	Mm-mm.
01:01:47	Ross	Host	What else can you do?
01:01:48	Carrie	Host	Your friend has just died. It is good to have a fan blow in their face.
01:01:53	Ross	Host	<i>[Laughing strongly in disbelief]</i> Oh-ho-ho-ho-ho-ho no-oh-oh! Ohhhh! But if they're Carrie, they've had it blowing in their face their entire lives.
01:02:02	Carrie	Host	<i>[Trying to catch her breath]</i> If someone died—
01:02:04	Ross	Host	<i>[Laughing heavily]</i> Oh! This is a—now, we're laughing. Obviously, this is a horrible situation. But just the thought—
01:02:10	Carrie	Host	Yep.
01:02:11	Ross	Host	—of this hapless homeopath sitting over a freshly dead body— <i>[Carrie makes an amused, uncomfortable sound.]</i> —pointing a fan at its face!
01:02:17	Carrie	Host	Yep!
01:02:18	Ross	Host	After putting some pellets of what used to be— <i>[breaks off, laughing]</i> —charcoal—
01:02:25	Carrie	Host	<i>[Laughing]</i> Birchwood.
01:02:26	Ross	Host	—of birch or beech covered in soil— <i>[breaks off, laughing]</i> . “This is gonna revive him. Oh, that didn't work.”
01:02:31	Carrie	Host	<i>[Laughing]</i> “That didn't do it. Does anybody have a fan?!” <i>[Ross sighs with laughter.]</i> Just imagine all of the funerals now that are just going to be full of homeopaths just blowing on everybody.
01:02:44	Ross	Host	That's interesting, 'cause I've heard that in Korea, there's a persistent fear of fan death. Yeah.
01:02:50	Carrie	Host	Fan death. Yeah, yeah. That's a whole thing.
01:02:52	Ross	Host	Yeah. So that would not be recommended advice for someone who believes that. Wow. Wow.
01:02:58	Carrie	Host	Well, they'd be dead anyway.
01:03:00	Ross	Host	So, corpse reviver. Make sure to have that in your kit.
01:03:03	Carrie	Host	Mm-hmm. Good God. Um, anyway.
01:03:08	Ross	Host	But, yeah. There were some other recommendations for people near a state of collapse. The ones I mentioned as alternatives. Including that IV of vitamin C.

01:03:18	Carrie	Host	Mmm.
01:03:19	Ross	Host	And she was saying at the hospital, you know, the doctors, the nurses, they may tell you no. But insist on it. Insist that they get a—a vitamin C drip in their IV.
01:03:28	Carrie	Host	Ah. This reminds me of a story I wrote recently for another project where a mother brought her adult daughter to a psychiatric hospital, but she didn't believe in psychiatric drugs. So, she was like, "Just promise me you won't give her any psychiatric drugs." And the hospital is like, "Okay, ma'm." 'Cause they have, like, a 25-year-old woman. Like, the mother's not the client.
01:03:49	Ross	Host	Right.
01:03:50	Carrie	Host	And so they're like, "Okay." And the mother's writing this story, but you can just see through the lines. She gets her daughter's back, and she's like, "She was so much better. Like, everything was be—they must have followed my advice. 'Cause she was completely fine."
01:04:01	Ross	Host	"They followed my advice and did nothing!"
01:04:03	Carrie	Host	[<i>Chuckles</i>] Right. Sometimes it's—it's good to listen to experts sometimes.
01:04:05	Ross	Host	Well, good. Hey, they did—they did the right thing. She felt validated.
01:04:09	Carrie	Host	Yeah.
01:04:10	Ross	Host	And she was ignored, as she should be.
01:04:12	Carrie	Host	[<i>Chuckles</i>] Oh, she also mentioned that the hole in our atmosphere caused by depletion of ozone, that is indicative of us all needing ozone. Because whatever happens on a macro level also happens on a micro level.
01:04:29	Ross	Host	I pushed that right out of my brain.
01:04:30	Carrie	Host	[<i>Chuckles</i>] If it's happening to the earth, it's happening in your personal body.
01:04:34	Ross	Host	Oh, right! Oh, that's right. That's a really weird rule of thumb.
01:04:39	Carrie	Host	Yeah. It's like <i>As Above, So Below</i> —
01:04:40	Ross	Host	My personal body?
01:04:41	Carrie	Host	—but way more weird.
01:04:43	Ross	Host	Huh.
01:04:44	Carrie	Host	So, because the—the ozone in the atmosphere is—
01:04:48	Ross	Host	Over a different part of the earth.
01:04:49	Carrie	Host	—well, she said, "low," but isn't the ozone in the atmosphere actually high, and that causes the hole in the layer?
01:04:57	Ross	Host	Well, the ozone layer hole has gotten much better—
01:05:00	Carrie	Host	Oh, that's good.
01:05:01	Ross	Host	—because we stopped using all of those aerosolized products.

01:05:04	Carrie	Host	Oh, that's—well, good. I was really afraid of that in third grade, so I'm glad to hear it.
01:05:08	Ross	Host	Yep.
01:05:09	Carrie	Host	How's quicksand doing?
01:05:10	Ross	Host	<i>[Laughs briefly]</i> Quicksand's still around. Beware.
01:05:11	Carrie	Host	Huh. Shit.
01:05:12	Ross	Host	Uh, but yeah. The ozone layer is one of those kind of success stories—
01:05:15	Carrie	Host	Hey!
01:05:16	Ross	Host	—of us actually sort of turning the situation around.
01:05:19	Carrie	Host	Read <i>Factfulness</i> .
01:05:21	Ross	Host	<i>[Chuckles pointedly]</i> Right.
01:05:22	Carrie	Host	You'll feel better.
01:05:23	Ross	Host	I don't think it's completely out of the, uh, the woods yet. But, uh, it has improved.
01:05:26	Carrie	Host	<i>[Queitly mumbles in a sing-song tone]</i> Are we out of the woods? Are we out of the woods?
01:05:27	Ross	Host	Does that mean—
01:05:28	Carrie	Host	Doesn't matter. Anything that's happening anywhere on Earth is happening in Ross's body. So...acid rain.
01:05:33	Ross	Host	Why does she have to pick on me?
01:05:35	Carrie	Host	Acid rain all up in you. Um...
01:05:37	Ross	Host	So, I need—do I need more acid? Or do I need less acid?
01:05:41	Carrie	Host	Less a—let's say the less.
01:05:43	Ross	Host	Ohh, but I—
01:05:44	Carrie	Host	That's why you need alkaline water.
01:05:45	Ross	Host	<i>[Mock sighs]</i> But I like lemonade.
01:05:46	Carrie	Host	I— <i>[chuckles]</i> —I bet she really does love Evalon water. I bet she'd be like, "That's a wonderful example." Deforestation shows that you need to eat more broccoli. Little tiny trees.
01:05:58	Ross	Host	<i>[Giggles]</i> I do like broccoli.
01:06:00	Carrie	Host	I love broccoli.
01:06:01	Ross	Host	I've never—
01:06:02	Carrie	Host	Not raw, though.
01:06:03	Ross	Host	Oh, yeah. Raw. Nah.
01:06:04	Carrie	Host	Blech. But, ooh, cooked broccoli? Mm. Mm! Mm!
01:06:05	Ross	Host	Mm! Delicious.

01:06:06	Carrie	Host	And then—
01:06:07	Ross	Host	Yeah?
01:06:08	Carrie	Host	The coup de grâce!
01:06:19	Ross	Host	Yes?
01:06:10	Carrie	Host	<i>[In a French accent]</i> The grand finale!
01:06:11	Ross	Host	Yes?
01:06:12	Carrie	Host	<i>[Slurring dramatically]</i> The Boiron <i>[chuckles]</i> . <i>[Ross giggles.]</i> Uh, she said, “And you can buy my homeopathic kit—”
01:06:16	Ross	Host	Yeah!
01:06:17	Carrie	Host	“—for a mere \$176.50, with shipping and handling.”
01:06:24	Ross	Host	So I got a Venmo request— <i>[chuckles]</i> —shortly thereafter for half of that amount.
01:06:29	Carrie	Host	That’s right!
01:06:30	Ross	Host	Guess what we own?
01:06:31	Carrie	Host	We now have this. <i>[Ross giggles.]</i> I’m holding it.
01:06:35	Ross	Host	So what do we have here?
01:06:36	Carrie	Host	Okay. We have homeopathy for COVID-19-related <u>symptoms</u> .
01:06:42	Ross	Host	Right, right. ‘Cause we don’t treat a <u>disease</u> , we treat <u>symptoms</u> .
01:06:45	Carrie	Host	Mm-hmm. So, God. Okay, we have aconite. Oh, two types of aconite. One that’s 30C, one that’s—
01:06:51	Ross	Host	More like asinine! I’m gonna do that for every single one.
01:06:53	Carrie	Host	Ohhh, great. Uh... <i>[laughs briefly]</i> aconite 30C, aconite 200C.
01:06:59	Ross	Host	Those all get the same pun.
01:07:00	Carrie	Host	Oh, okay. Uh, aconite 1M, aconite <u>10M</u> . Anas barb.=
01:07:05	Ross	Host	I—I have no barbs for that one.
01:07:06	Carrie	Host	<i>[Chuckles]</i> Um—
01:07:07	Ross	Host	Anus barb!
01:07:09	Carrie	Host	Oh, okay! There it is. Ant. ars.
01:07:14	Ross	Host	More like ant or not.
01:07:16	Carrie	Host	Cool. There’s gonna be like 30 more of these. Uh, ant. ar—ant. aresnicum. Arsencuim. Aresnic—

01:07:23	Ross	Host	More like Arsenio Hall!
01:07:24	Carrie	Host	Baptisia. More like John the Baptist?
01:07:17	Ross	Host	That—yeah, sure.
01:07:28	Carrie	Host	Bacillinum. Sur—
01:07:31	Ross	Host	More like ba-cill-inima Baker Street.
01:07:33	Carrie	Host	<i>[Laughs]</i> Soria—no. Bryonia.
01:07:37	Ross	Host	More like bro-nia.
01:07:38	Carrie	Host	<i>[Chuckling lightly]</i> Okay. Camphora.
01:07:41	Ross	Host	I'm done.
01:07:42	Carrie	Host	Carbo veg. Oh, that's our corpse reviver.
01:07:44	Ross	Host	Oh! Yeah! Ooh! Ooh!
01:07:46	Carrie	Host	Yeah.
01:07:47	Ross	Host	If—
01:07:48	Carrie	Host	We have to keep that until one of us dies now.
01:07:49	Ross	Host	If I keel over—
01:07:51	Carrie	Host	<i>[Chuckling]</i> I'll give you that.
01:07:52	Ross	Host	You have to be freshly dead.
01:07:53	Carrie	Host	Ugh. Are we gonna have to take that everywhere?
01:07:55	Ross	Host	I— <i>[chuckles]</i> —I love it—you know, someone drags me out of a pool somewhere.
01:08:00	Carrie	Host	"Don't worry! I—this is what he'd want!"
01:08:02	Ross	Host	"Wait! Before you try anything else, let me put a pellet of this in him!"
			<i>[Carrie sighs with laughter.]</i>
			Oh! It's kind of hard, too, to identify these. 'Cause once you open it up, you just see—let's see. It's a grid of five by—what is it? Eleven?
01:08:16	Carrie	Host	Not sure.
01:08:17	Ross	Host	<i>[Under his breath]</i> Six, seven, eight, nine, ten. <i>[Regular volume]</i> Ten. So, yeah, we've got fifty of these remedies. But it's just a bunch of black caps.
01:08:22	Carrie	Host	But, <u>but</u> , look at the—nope. Open it up. Open back again. And right in front of you.
01:08:27	Ross	Host	<i>[Gasps]</i> Oh! Like—
01:08:28	Carrie	Host	Yeah! It's like a See's candy box where the diagram is—is there for you.

01:08:31	Ross	Host	Okay. Yeah, yeah. I was thinking Battleship, but that's a better analogy.
			<i>[Carrie chuckles.]</i>
			Uh, okay. There you go. That's how you can tell which one is which. 'Cause when you're in a hurry—when you need to find that corpse reviver—
01:08:41	Carrie	Host	Mm-hmm.
01:08:42	Ross	Host	—you want to find it right away. Okay. Carb V 1M. I got it. I am ready to revive a corpse.
01:08:49	Carrie	Host	Yaaayy. With Carbo veg.
01:08:51	Ross	Host	I'm gonna take a picture of that. Amazing.
01:08:53	Carrie	Host	I'll just rattle off some others. Carbon dioxide, China office? China O-F-F—oh, I'm sure it's fine. Eup perf. Ferrum phosphate. Gelsemium. Hydastis. Infuenzinum!
01:09:09	Ross	Host	Oh! There we go.
01:09:10	Carrie	Host	I wanna tell her, like, "Hey, did you know this is the flu vaccine? Did you know that you're selling the flu vaccine?"
01:09:16	Ross	Host	Yeah.
01:09:17	Carrie	Host	Huh. <i>[Slurs]</i> Justicia.
			<i>[Ross snorts with laughter.]</i>
			Calc carb. Lobelia. Mercurius. Oh, nux vomica. Ew, is that made out of vomit?
			<i>[Ross laughs in disgust.]</i>
			Ugh. I'm gonna look this up. Nux vomica. "Contains strychnine and brucine, two deadly chemicals."
01:09:34	Ross	Host	Cool.
01:09:35	Carrie	Host	People use it for erectile dysfunction when it's in its actual potent form.
01:09:41	Ross	Host	Well, I can see why it's in this homeopathy for COVID-19 kit.
01:09:45	Carrie	Host	<i>[Chuckles]</i> One of the biggest problems with COVID-19 is erectile dysfunction. Everybody's talking about it. Phosphoric acid. Phosphorus. Pyrogenium. Spigelia stannum. Sciatica? Sick-ti-ca?
01:10:02	Ross	Host	What?! We—
01:10:04	Carrie	Host	Schita. Schita.
01:10:05	Ross	Host	Oh, okay,
01:10:06	Carrie	Host	And thuja. And then there's a little tiny asterisk at the bottom that says, "Remedies made with 100% sucrose pellets."
01:10:17	Ross	Host	<i>[Laughs]</i> Meaning 100% sugar pills.
01:10:20	Carrie	Host	These are all sugar.

01:10:22	Ross	Host	"Remedies made with 100% sucrose pellets." Wow.
01:10:26	Carrie	Host	We paid \$176.50 for what is essentially very bad candy.
01:10:33	Ross	Host	<i>[Whispers]</i> Wow. Okay. Well. I don't—I don't know if was our best purchase ever. I don't know what we're gonna do with that.
01:10:41	Carrie	Host	Well, I think—
01:10:42	Ross	Host	Hey, if we revive one dead corpse with that, that—that's it's money's worth right there.
01:10:44	Carrie	Host	Oh. So worth it. Also, Ross—
01:10:48	Ross	Host	Carrie.
01:10:49	Carrie	Host	—I am willing to make commitment here and now.
01:10:51	Ross	Host	Okay.
01:10:52	Carrie	Host	In this moment and time.
01:10:53	Ross	Host	Yeah.
01:10:54	Carrie	Host	That if COVID-19 has cleared up relatively well in 2021, that we do go at least a couple more live shows—
01:11:04	Ross	Host	Yes?
01:11:05	Carrie	Host	—and we bring our homeopathy kit.
01:11:08	Ross	Host	I like it.
01:11:09	Carrie	Host	There we go.
01:11:10	Ross	Host	Okay. There we go.
01:11:11	Carrie	Host	Something for it to do.
01:11:12	Ross	Host	We can share the love and the wealth.
01:11:13	Carrie	Host	There we go <i>[sighs]</i> .
01:11:15	Ross	Host	So there we are. We are the proud owners of this health kit. We did not get a nosode. <i>[Carrie sighs.]</i> We did not get cyanide.
01:11:23	Carrie	Host	Ugh! Terrible. Honestly terrible. But we've been wearing our masks. We're both doing okay.
01:11:29	Ross	Host	Yeah.
01:11:30	Carrie	Host	Yeah.
01:11:31	Ross	Host	And we hope you are as well.
01:11:32	Carrie	Host	Wear your masks. And...if you actually start to feel sick, call your doctor.
01:11:39	Ross	Host	Yes. That's right.
01:11:40	Carrie	Host	Call your actual, real, medical doctor.

01:11:41	Ross	Host	Call first.
01:11:42	Carrie	Host	Mm-hmm.
01:11:43	Ross	Host	Get the recommendation. Don't just drive there.
01:11:44	Carrie	Host	Call the ol' doctor-roo-roo.
01:11:46	Ross	Host	Those are the rules. We don't make them, but we try to live by them.
01:11:48	Carrie	Host	Mm-hmm. Mm-hmm. Mm-hmm. Amen.
01:11:51	Ross	Host	I guess that's it for this investigation. We watched and attended these classes. We learned a lot. I would say I did learn a lot about homeopathy—
01:11:58	Carrie	Host	Oh, very nice.
01:11:59	Ross	Host	—I didn't know before. Doesn't give me any greater faith in it, though.
01:12:03	Carrie	Host	<i>[Chuckles]</i> My faith in it has been reduced, which actually makes it more potent.
01:12:08	Ross	Host	Hey, hey! I—I see what you're doing there.
01:12:10	Carrie	Host	Alright, alright.
01:12:12	Ross	Host	Yeah, there we go. The class was effective.
			<i>[Carrie giggles.]</i>
			She sent a survey form. I haven't filled it out yet. But maybe I can say that.
01:12:18	Carrie	Host	Yeahhh. There you— <i>[laughs]</i> —you're gonna steal my line!
01:12:21	Ross	Host	No, no. That's your line. You—you use it.
01:12:23	Carrie	Host	Let me see here...
01:12:24	Ross	Host	Who's line is it anyway?
01:12:25	Carrie	Host	Did she send me—"follow up." There it is. Okay. Cool.
01:12:26	Ross	Host	Alright.
01:12:27	Carrie	Host	I'll fill that out, too.
01:12:28	Ross	Host	Good.
01:12:29	Carrie	Host	Well, that's it for our show. Our theme music is by Brian Keith Dalton.
01:12:32	Ross	Host	Our administrative manager is Ian Kremer.
01:12:34	Carrie	Host	I want to thank Dr. Paul Marik, both for helping us with this episode and for doing good work <u>actually</u> treating people with COVID-19.
01:12:42	Ross	Host	For being a badass. You can support us at MaximumFun.org/donate or /join . But you can also support us by giving us positive reviews, sharing us with your friends, playing us in the car when you go on a road trip. Spread the word.

01:12:57	Carrie	Host	This episode was edited by Victor Figueroa. And you can follow us on social media, you know.
01:13:01	Ross	Host	That's a good idea.
01:13:02	Carrie	Host	Yeah! We have Twitter. We're @ohnopodcast. And we have Facebook. facebook.com/onrac .
01:13:08	Ross	Host	We share fun stuff there.
01:13:09	Carrie	Host	Yeeaahh.
01:13:10	Ross	Host	Check it out.
01:13:11	Carrie	Host	Check it out. Check, check it.
01:13:12	Ross	Host	In—interact.
01:13:13	Carrie	Host	You know, speaking of science, I just read a pretty good book about, uh, the study of alternative medicine and whether it's as good or better than placebo.
01:13:24	Ross	Host	Oh, ooooh.
01:13:25	Carrie	Host	It was a very thorough look at that. It was very enjoyable. It was called, " <i>Snake Oil Science</i> ."
01:13:30	Ross	Host	Ahhh.
01:13:31	Carrie	Host	Anyway, I'm gonna slap it up—
01:13:33	Ross	Host	Yeah, where am I going to find this?
01:13:34	Carrie	Host	On our bookshop.org store!!
01:13:37	Ross	Host	That's right. We've got a bookshop at Bookshop .
01:13:40	Carrie	Host	Yeah!
01:13:41	Ross	Host	Yeah, this is super fun. A nice little bit of synchronicity.
01:13:43	Carrie	Host	Mm-hmm.
01:13:44	Ross	Host	Uh, Carrie had just found out about this and then Mallory O'Meara of <i>Reading Glasses</i> podcast also messaged me that same day and said, "Hey, we just created our own Bookshop, and it's a great way for your listeners to support local bookshops—"
01:13:58	Carrie	Host	Mm-hmm.
01:13:59	Ross	Host	"—but also to support <u>you</u> ."
01:14:00	Carrie	Host	Yeah.
01:14:01	Ross	Host	And so I said, "Why, thank you, Mallory. I think we'll look into that."

01:14:04	Carrie	Host	<p>This is so cool, because there are so many ways that, uh, we are all reliant on Amazon, a company that I <u>don't</u> care for. Um, and this is, uh, a good way to instead support local bookstores while still getting that mail-order experience, if that's something that you need, especially right now.</p> <p><i>[Ross makes a few affirming sounds as Carrie continues.]</i></p> <p>Um, so yeah. They have, like, a network of different independent bookstores that fulfill the orders, so you're always supporting an independent bookstore. And then on top of it, if one of your favorite, say, podcasters curated a list for you, you can say, "Well, thank you, A, for curating this wonderful list of things I should read and B, for doing whatever it is you do in general. For example, making a show I love."</p>
01:14:46	Ross	Host	<p>Yeah. And, uh, both Carrie and I are <u>big</u> book lovers. And, uh, we—we love a lot of the same books, and we love some different books that the other hasn't read yet. So, uh, if you go to bookshop.org/shop/ohno, you can find our shared recommendations, our individual recommendations, and right there, add them to your cart. So please check that out, and, uh, it's a work in progress. There will be more coming.</p>
01:15:12	Carrie	Host	<p>And that's a way to support the show and your local bookshop.</p>
01:15:15	Ross	Host	<p>I think mine is all nonfiction. Do you have any fiction books in yours?</p>
01:15:19	Carrie	Host	<p>I have at least one fiction book in mine.</p>
01:15:22	Ross	Host	<p>Well, I guess I have <i>The Thrilling Adventures of Lovelace and Babbage</i>, and a lot of that is fiction, but in a very geeky, fun way. Anyways, yeah, check it out. And, uh, I do read fiction, it's just...nonfiction is my drug of choice.</p>
01:15:35	Carrie	Host	<p>Yeah, me too. Buuut, yeah, <i>The Rapture of Canaan</i> is in there and that is so good.</p>
01:15:40	Ross	Host	<p>Oooh.</p>
01:15:41	Carrie	Host	<p>Maybe I'll put <i>A Prayer for Owen Meany</i> in there, too. Who knows?</p>
01:15:42	Ross	Host	<p>Oh, I've already looked through the list of things that you've added and gone, "Oh! I've gotta read that." So—</p>
01:15:46	Carrie	Host	<p>Oh, good.</p>
01:15:47	Ross	Host	<p>--I'll be reading stuff off of bookshop.org.</p>
01:15:50	Carrie	Host	<p>Alright! /shop/ohno!</p>
01:15:53	Ross	Host	<p>Uh, and while we're talking about it, MaximumFun.org, you can find transcripts of this show!</p>
01:15:57	Carrie	Host	<p>That's right!</p>
01:15:58	Ross	Host	<p>If you're thinking, "Ooh, I want to read more stuff. I want to read this podcast."</p>
01:16:01	Carrie	Host	<p>"I want to re-read what I just heard."</p>
01:16:03	Ross	Host	<p>Or maybe you know somebody who, eh, they don't listen to stuff. But they would be—</p>

01:16:07	Carrie	Host	Yeah! That's not their deal.
01:16:08	Ross	Host	—they would be into a transcript. Send them the transcript.
01:16:11	Carrie	Host	But maybe encourage them to download as well, so we still get that sweet download number.
01:16:15	Ross	Host	Read the transcript!
			<i>[Carrie chuckles and then they both sigh.]</i>
			And remember:
01:16:21	Carrie	Host	From my old friend, James Randi.

James Randi (*Homeopathy, Quackery, and Fraud* TED talk, 2007): I want you to know the four rules of homeopathy, each increasingly more embarrassing. The first one is that you do what they call a, “proving.” A proving in homeopathy—and I’ve—I’m not going to go into all the details. That would take me three nights here. The proving consists of taking a substance—we’ll call it substance X—and you give it to a patient who is well. That is, to a person who is well. Now, that definition isn’t arrived at. Maybe somebody who can walk and sit down and stand up again and is warm would be a person that’s well. I don’t know.

But you give it to a person who’s well, and that person develops symptoms A, B, and C. And I will say that the substance is, uh, the—the milk from milkweed. Oh, that must taste awfully bad. Sap from milkweed. Blah! Uh, you give that to a—a well patient in a proving. And in this proving, the patient develops these three symptoms. A, face gets very, very red. Head swells up round like a balloon, and every 20 minutes, he falls down on the ground in a dead faint.

Now, those are symptoms you’d be likely to notice.

[Audience chuckles quietly.]

I think you’ll agree with that. So they write that down in the book. That’s called, “the proving.” That’s the first rule of homeopathy.

Second rule of homeopathy is—suppose you have a patient walk into the office and the patient sits down and says, “Ah, am I sick.” And the homeopath looks at the patient and notices that the patient has head swollen up like a balloon and is bright red. And the homeopath says, “Hmm. Every 20 minutes do you fall down on the ground in a dead faint?” And the patient looks at his doctor, and, “You’re wonderful. Yes I do.” Wait a minute. You go through the book. You find out what caused that in a well patient and then you give them that medicine, and reverses the effect.

Don’t look at me. It’s their idea.

[Audience chuckles warmly.]

And the people down there going, “Why?” Yeah. It’s their idea, not mine. I’m just telling you what it’s all about.

Third rule of homeopathy says you don’t do that.

[Scattered audience laughter.]

I told you they got sillier as they went along.

[Audience laughs.]

01:18:25 Clip

Clip

James Randi: Third rule of homeopathy says that you give them a highly diluted mixture of that substance. You haven't heard dilution until you hear this. I'm going to step over the board here. This is a simple mathematical lesson, okay? 10^1 is 10. Okay, we knew that. 10^2 is 100. It's the number of zeroes after the one that the index refers to. Okay, so 10 cubed, 10^3 has 3 zeroes, and it goes on and on like that. Okay?

Now, in homeopathy, to prepare a solution, you take one part of the substance and you put it in ten parts of water and then you success it. That would be called a, "one solution." They never use that. Far, far too strong. Now, what they do to prepare it is they take the substance, put it in the water and then they success it. That means shake it up and down ten times, sideways ten times, and back and forth ten times, in three different dimensions, ten times each. That's called, "succession." I call it, "shaking it."

[Audience laughs.]

But I'm not scientific. So what do I know? That's a one solution. As I say, they never use that. Then they take one part of that solution and put it in ten parts of water, and chugga-chugga-chugga the whole thing all over again. And they get a two solution. One part in one hundred. You following that? Then they repeat in one more time, ten parts, and they get one in a thousand. But that's far, far, far too concentrated.

Nooo. They prefer dilutions of 1 in 10^{20} th parts of water. That's 1 with 20 zeroes after it. That's what I call dilute. "Attenuated," is the term they use. Attenuated. That's really attenuated.

And the fourth rule of homeopathy. As if you weren't ready for it. The more dilute the medicine is, the stronger it is.

[Audience laughs.]

I told you they get sillier as you go along.

01:20:29 Music

Transition

"Oh No, Ross and Carrie! Theme Song" by Brian Keith Dalton. A jaunty, upbeat instrumental.

01:20:43	Promo	Promo	<p>Music: Tense sci-fi music.</p> <p><i>[Announcer narrates in voiceover intercut with dialogue from the show. Dialogue is slightly fuzzy, as if being heard through a speaker.]</i></p> <p>Announcer: Strange planets, curious technology, and a fantastic vision of the distant future. Featuring Martin Starr.</p> <p>Martin Starr: So we're going on day 14. Shuttle still hasn't come.</p> <p>Announcer: Aparna Nancherla.</p> <p>Aparna Nancherla: <i>[Cheerful and electronic]</i> The security system provides you with emotional security! You do the rest!</p> <p>Announcer: Echo Kellum.</p> <p>Echo Kellum: Can you disconnect me, or not?</p> <p>Announcer: Hari Kondabolu.</p> <p>Hari Kondabolu: I'm staying.</p>
01:21:06	Promo	Promo	<p>Announcer: From Hitchhiker's Guide to the Galaxy, Geoffrey McGivern.</p> <p>Geoffrey McGivern: Could you play Cyndi Lauper's "Girls Just Want to Have Fun"?</p> <p>Announcer: It's <i>The Outer Reach: Stories from Beyond</i>.</p> <p>Announcer 2: Now available for free at MaximumFun.org, or anywhere you listen.</p> <p><i>[Music fades out.]</i></p>
01:21:27	Music	Transition	A cheerful ukulele chord.
01:21:28	Speaker 1	Guest	MaximumFun.org
01:21:30	Speaker 2	Guest	Comedy and Culture.
01:21:31	Speaker 3	Guest	Artist owned—
01:21:32	Speaker 4	Guest	—Audience supported.