

## Sawbones 482: Doctor Brands

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**Intro (Clint McElroy):** Sawbones is a show about medical history, and nothing the hosts say should be taken as medical advice or opinion. It's for fun. Can't you just have fun for an hour, and not try to diagnose your mystery boil? We think you've earned it. Just sit back, relax, and enjoy a moment of distraction from that weird growth. You're worth it.

[theme music plays]

**Justin:** Hello everybody and welcome to Sawbones, a marital tour of misguided medicine. I am your co-host, Justin McElroy.

**Sydnee:** And I'm Sydnee McElroy.

**Justin:** Syd, it was a rough week for you last week. You went directly from the holidays into the service.

**Sydnee:** It's been a rough several weeks, but yes, the last week—

**Justin:** [singing] It's been a... [clap] long December and there's reason to believe, right?

**Sydnee:** Yeah. That was what I meant by that. That was what I was hoping— And I was thinking like, man, "I really hope Justin breaks into song right now."

**Justin:** And not just at the harmony, a little bit. That's how I do it with Adam when I'm in the...

**Sydnee:** Right.

**Justin:** When I'm in my big, beautiful Buick and Adam Duritz is on the right. It's like me and Adam together.

**Sydnee:** Oh, okay.

**Justin:** Yeah, if you play that with Adam Duritz, you'd be like, whoa, whoa.

**Sydnee:** No, it was a long week on hospital service. Um... I would encourage everybody... who hasn't gotten the most recent COVID vaccination to get it. I would encourage you to stay home if you're sick and to consider a COVID test if you have a respiratory illness.

**Justin:** Perhaps.

**Sydnee:** Perhaps.

**Justin:** [crosstalk]

**Sydnee:** We have— We mandated masking inside our hospital again, just in the last few days.

**Justin:** Seems a smart thing to do, first step.

**Sydnee:** Yeah. So this is my way of saying...

**Justin:** It's a hospital and all.

**Sydnee:** ... that COVID is happening, along with every other respiratory virus on planet Earth.

**Justin:** Okay.

**Sydnee:** Uh... They're all happening right now. So take appropriate measures to keep yourself safe, um... Thank you. I'm exhausted.

**Justin:** [laughs]

**Sydnee:** I'm physically, mentally, emotionally... Our hospital was full, y'all.

**Justin:** Yeah, full, like...

**Sydnee:** Full.

**Justin:** ... ambulances showed up and they were, like, no, thank you.

**Sydnee:** There's, like, nowhere to put people full.

**Justin:** Not today.

**Sydnee:** That is— That's where I'm coming from. What have you been up to Justin?

**Justin:** Well, Sydnee, it's so— I'm so lucky that you were on hospital service, actually, worked out great for me because that gave me the opportunity to pursue one of my favorite passions and that is occasionally researching a Sawbones episode. Uh, and specifically researching a Sawbones episode about one of my favorite topic: brands.

**Sydnee:** I know you love brands.

**Justin:** I do love brands. So what I have prepared for you today, Sydnee...

**Sydnee:** Mm-hmm.

**Justin:** ... is a bit of a challenge.

**Sydnee:** Uh-oh.

**Justin:** Welcome to the den of the riddle master, me, Justin McElroy.

**Sydnee:** The Riddle Master?

**Justin:** Welcome to the den of the riddle master.

**Sydnee:** Is that your TM, riddle master?

**Justin:** TM, riddle master.

**Sydnee:** Riddle master?

**Justin:** Okay.

**Sydnee:** Do you have riddlemaster.com?

**Justin:** I do not have riddlemaster.com, although that would be a good dot com name.

**Sydnee:** I know.

**Justin:** So here's what I'm gonna do. I'm going to tell you about some brand doctors, doctor brands. And you are going to— I'm going to need you to tell me if the doctor in question of the brand's fame is a real doctor...

**Sydnee:** Uh-huh.

**Justin:** ... or not.

**Sydnee:** Can I just preface with that I'm not going to know?

**Justin:** It's okay. I researched the whole episode.

**Sydnee:** Okay.

**Justin:** You're not supposed to know.

**Sydnee:** All right.

**Justin:** It's just sort of a structural... structural mechanism.

**Sydnee:** I'm just saying, I'm not going to know.

**Justin:** Because I think it's too often, you know, we see the doctor on there. D-R-dot, and you think, this product knows what it's talking about.

**Sydnee:** Now— Okay, now when you say, let me just clarify. When you say, is the person that they're naming a real doctor or not, do you mean a real doctor as in they have a doctoral degree in some field? Or are you saying medical doctor?

**Justin:** I'm saying doctor.

**Sydnee:** Someone who holds an MD or DO.

**Justin:** Yes, that's what I'm saying.

**Sydnee:** That is what you're saying.

**Justin:** I'm saying, no, any doctor.

**Sydnee:** Any doctor.

**Justin:** Just a doctor.

**Sydnee:** Okay, so there can be any doctorate...

**Justin:** I would argue that there—

**Sydnee:** I didn't know if this was a medical, you know, but like, so any sort of doctoral level degree.

**Justin:** I would argue the implication is almost always medical doctor.

**Sydnee:** Well, if it's a medical product, I do think the implication is that this is someone who has studied medicine.

**Justin:** Yes.

**Sydnee:** I do think that's fair.

**Justin:** Okay, perfect. Well, let's get right into the medical products that have doctor in the brand, and you're gonna tell me if this is a real doctor or a fake doctor.

**Sydnee:** Okay.

**Justin:** Dr. Pepper.

**Sydnee:** I feel like I've looked into this. I love Dr. Pepper, in case I haven't said that before. I love Dr. Pepper. Diet Dr. Pepper is my favorite. It's just one of my favorite things on earth.

**Justin:** We've done a— We've talked about this on Sawbones before.

**Sydnee:** We have? About that one time when the ophthalmologist looked in my eyes and said, "I can tell you like Dr. Pepper?"

**Justin:** No, about Dr. Pepper.

**Sydnee:** Oh. No, it's not.

**Justin:** No, Dr. Pepper is a real doctor. There's a real Dr. Pepper. He was in no way affiliated with the creation of Dr. Pepper. As we talked about last time, this is a long time ago when we did our soda medicine episode.

**Sydnee:** Obviously, I don't remember. [laughs]

**Justin:** Yeah, many years. It was just a small part, it wasn't a whole episode. It was just a brief mention. I only found it because I was searching back through all your notes. But Dr. Pepper, the drink...

**Sydnee:** Right.

**Justin:** ... was invented, supposedly, by Charles Alderton. He was a young pharmacist working in a store and he is the, uh... in a pharmacy, obviously. He loved to go in to the drug store and mix up medicine for people. He would go and like make different concoctions for people. He loved to experiment with different beverages. So he would, in his spare time, mix up these carbonated drinks. He loved the way it smelled in the drug store. He loved the smell of it and he wanted to make a drink that tasted like the drugstore smelled, right?

**Sydnee:** I, uh, I can understand why they didn't go with that as, like, the marketing campaign.

**Justin:** Just, "Drink the drugstore!"

**Sydnee:** "Have you always wanted a drink that tastes like a drugstore smells?"

**Justin:** "This drink tastes like a drugstore smells," yes.

**Sydnee:** 'Cause that's a wide array if you consider that, like, a drugstore...

By drugstore we mean, like, pharmacy and there are pharmacies that— Freestanding pharmacies, there are also pharmacies, like, inside of grocery stores and like Walmart and places like that. So that's a wide variety of smells.

**Justin:** Yes. So he mixed up the different soda fruit syrups, right?

**Sydnee:** Right.

**Justin:** The supposed 32 flavors that make up, or 30— 31 is Baskin.

**Sydnee:** Yeah.

**Justin:** 23 flavors is Dr. Pepper. But the flavors that make up the drink. He tried a lot of different experiments and he finally came up with a mix that he liked, Dr. Pepper, that we enjoy today. Now, Dr. Pepper was born in Big Spring, Virginia on December 3rd, in 18— You know, people—

**Sydnee:** The inferior Virginia. Sorry, it's the truth.

**Justin:** Wow, Sydnee.

**Sydnee:** I'm just— We're from West Virginia, so like.

**Justin:** Wow.

**Sydnee:** Listen, we get enough, you know, smack talk here in West Virginia.

**Justin:** Mm-hmm.

**Sydnee:** I'm just gonna throw a little shade Virginia's way and all I said is that we're the better Virginia.

**Justin:** You're just saying, all you're saying is best Virginia.

**Sydnee:** Yeah, that's all I'm saying.

**Justin:** Okay.

**Sydnee:** Come for me, Virginians. Come on, Virginians, come for me.

**Justin:** Okay, the real Dr. Pepper was Dr. Charles T. Pepper, which is fun to say. If you haven't tried it out loud at home, I would encourage you now. I'll give you a moment. There you go. See, it's fun. Charles T. Pepper was born in Virginia in 1830. He was a, ugh, Confederate surgeon during the American Civil War.

**Sydnee:** Ooh.

**Justin:** Oh no, he's probably not the worst one we'll encounter today.

**Sydnee:** Yeah, this is why we're the best Virginia again.

**Justin:** There you go! We seceded— Okay.

**Sydnee:** [laughs]

**Justin:** He practiced college in Virginia. Now, after that, he opened a drugstore. So, the popular story is that he ran this drugstore, Alderton worked at Pepper's drugstore, then moved to his new drugstore where Dr. Pepper Morrison's, where Dr. Pepper was actually invented.

That might be true. There is not a lot of evidence for it. It might be true. The other thing, and this is probably the most common that's known anecdotally, is that Charles T. Pepper was a surgeon who had a daughter named Ruth, who Charles, who Alderton wanted to impress... Charles Alderton wanted to impress. And so he named his drink Dr. Pepper as a way to honor her dad as, like, kind of a way to win his favor, I think.

**Sydnee:** Did it work?

**Justin:** Um... We don't know.

**Sydnee:** We don't know if he got to marry Ruth?

**Justin:** So here's the wild thing about this. The Dr. Pepper Museum, and yes, Sydnee, there is a Dr. Pepper Museum we have got to visit, I think, at our first possible opportunity. It's in Waco, Texas...



**Sydnee:** Mm.

**Justin:** ... where it was invented. The Dr. Pepper Museum has no fewer than 12 different versions of why it is called Dr. Pepper. Almost all of them have to do with Charles Pepper, so we're pretty sure about that.

**Sydnee:** And we know for sure this was a real human. Documented, existed, human.

**Justin:** Documented, existed.

**Sydnee:** Got it.

**Justin:** What is possible is that Dr. Pepper was actually a rip-off of Charles Alderton's original formula and someone else had worked for Dr. Pepper and called it Dr. Pepper. That is another possibility.

**Sydnee:** Hmm.

**Justin:** But we do not know.

**Sydnee:** We'll never know.

**Justin:** We'll never know.

**Sydnee:** We'll never know the truth. We'll never know.

**Justin:** We might know. I mean, we might at some point...

**Sydnee:** Can I say, if you were ever trying to impress me by naming something after my dad, I would suggest instead name it after me. I would prefer you to name it after me.

**Justin:** Well, Ruth's drink, while punchy, I don't think has it quite the same historical staying power.

**Sydnee:** That's the same history as, remember when Pepsi was Brad's drink?

**Justin:** Yeah, I was hoping you'd get that. So that is the real Dr. Pepper. We don't know why exactly it's named after him except for we know he didn't make it. [laughs] So that's Dr. Pepper. Um, I got a few more.

**Sydnee:** Okay.

**Justin:** Dr. Popz. That's with a Z.

**Sydnee:** What's Dr. Popz? What is that?

**Justin:** What?

**Sydnee:** P-O-P-Z is the name? That's not a person.

**Justin:** Sorry, it's P-O— [laughs] Dr. Popz that is sold at Giant Eagle. It tastes somewhat like Dr. Pepper.

**Sydnee:** Well, this is a soda.

**Justin:** Mm-hmm. So do you think Dr. Pops with the Z is a—

**Sydnee:** Dr. Popz is not real.

**Justin:** What about Dr. Slice?

**Sydnee:** I mean, we know a Slice, but I don't think he made a soda.

**Justin:** Okay, what about? Now this one's tougher, Dr. Thunder.

**Sydnee:** No, Dr. Thunder is the— That's the Sam's Club one, right?

**Justin:** Yeah.

**Sydnee:** Can I tell you one of my favorite things is that Dr. Pepper, one of the knockoffs of Dr. Pepper is Dr. Thunder, and there is a knockoff of Dr. Thunder called Texas Lightning.

**Justin:** And that's great, that's great.

**Sydnee:** Well, I like it because it has nothing— Texas Lightning has nothing to do— Except for, I guess, the original Dr. Pepper is from Waco, Texas...

**Justin:** Yes.

**Sydnee:** ... so I guess there's some roundabout connection, but Texas Lightning is the derivative of the derivative.

**Justin:** Um, the—

**Sydnee:** Also, Mr. Pibb. I assume there's no Mr. Pibb. I know he's not a doctor. I know we are only talking about doctors. Mr. Pibb was a surgeon, perhaps.

**Justin:** Right. Then maybe we'd get him on here. But no, sorry. There's a SodaStream offering. Dr. Pete, is he a real doctor?

**Sydnee:** No.

**Justin:** What about Dr. Bob?

**Sydnee:** Is this a soda?

**Justin:** It tastes kind of like Dr. Pepper.

**Sydnee:** So these are all sodas?

**Justin:** Yeah.

**Sydnee:** No.

**Justin:** Fair. Correct, yes.

**Sydnee:** They're all just ripoffs of Dr. Pepper, which was named for a man who did not invent it.

**Justin:** That that is true, probably. Also there is a line of stores Econo Foods and, by rights, supermarket. Their knockoff was called Doctor.

**Sydnee:** [laughs] Okay.

**Justin:** It's just called Doctor, like, you can probably— I mean, you might be able to find that.

**Sydnee:** Well you couldn't call it The Doctor because now we've pulled in Doctor Who and copyright...

**Justin:** Over in the, uh, getting a little more medical here.

**Sydnee:** Okay.

**Justin:** Over in the field of deodorant.

**Sydnee:** [laughs] Than soda, yeah.

**Justin:** Yeah, a little more medical than soda. We're gonna go head over to the field of, uh, deodorant with Dr. Squatch. Is Dr. Squatch a real doctor?

**Sydnee:** Squatch?

**Justin:** Yeah.

**Sydnee:** S-Q-U-A-T-C-H?

**Justin:** Yes.

**Sydnee:** Squatch?

**Justin:** Yeah, Dr. Squatch.

**Sydnee:** Oh man. My... My inclination is no, it does not sound, like— I've certainly never heard the last name, the surname if you will, Squatch. But where would you come up with that if it wasn't someone's name? Yes.

**Justin:** Uh, no...

**Sydnee:** [groans]

**Justin:** ... he is a Sasquatch.

**Sydnee:** [laughs]

**Justin:** So, I don't know. That's very progressive of you that you think a Sasquatch could be a doctor.

**Sydnee:** If you had said Dr. Sasquatch, I would have said no!

**Justin:** Well, honey, that's not his name. [laughing] Okay? His name is Dr. Squatch and he sells deodorant.

**Sydnee:** Mm.

**Justin:** Uh, okay—

**Sydnee:** Is it good deodorant? Like does it work well?

**Justin:** Uh, I don't know. I don't advertise for deodorants that don't pay me money.

**Sydnee:** [laughs]

**Justin:** Doc Martens.

**Sydnee:** Oh. I'm gonna guess they are named for a doctor.

**Justin:** Yes, yeah.

**Sydnee:** Ah!

**Justin:** Just about actually. Klaus Märtens was a doctor in the... [drums on table] German army during World War II.

**Sydnee:** [sadly] Oh. What?

**Justin:** Yeah, that's a Nazi. Um...

**Sydnee:** So, yeah, you said German army during World War II, so you

mean he was a Nazi?

**Justin:** He was a Nazi.

**Sydnee:** Oh, man.

**Justin:** And then, oh, by the way, if you search online, as I did, to research this, you will find many people trying to make a semantic distinction between someone that served in the German army and someone who was a Nazi.

And for my money, I'm sorry, that's a Nazi. You can argue about it if you want, you can try to get technical if you want. I know not everybody joined the German army for the same reasons, but I'm sorry, Frank.

**Sydnee:** Well, but if you're, I mean, if you're on a team and the guy to the left of you on the team is a Nazi and the guy to the right of you on the team is a Nazi, then...

**Justin:** Yeah.

**Sydnee:** I mean, you're a Nazi.

**Justin:** And the guy in front of you is Hitler. Then you're... [laughs] That's a Nazi.

**Sydnee:** Like... That's, yeah, that's kind of that.

**Justin:** That's a Nazi.

**Sydnee:** Oh, man. So like, Doc Martens have been named for a Nazi this whole time?

**Justin:** Well, yeah. They have been named for a Nazi this whole time. So he—

**Sydnee:** Is there a big— I need to know, are there a lot of people who, like, fret about this on the internet and, like, or is there any movement to, like, maybe we should name them after somebody else?

**Justin:** Um...

**Sydnee:** I'm just learning this. And I don't know if I currently own any Doc Martens. I have owned them in the— I have worn them. I've been known to wear them in the past.

**Justin:** Uh, yeah. So, well, I mean, okay. So this is the interesting thing about it. Okay. So Doc Märtens was a doctor in the German army during World War II. He hurt his ankle in '45.

And he found that the boots that he had were not comfortable on his foot. So he designed changes for the boots that would be more accommodating for his, um, his injury. He made— He found tires and made the bottoms of them...

**Sydnee:** Right.

**Justin:** ... and made a lot of soft leather. And then the war ended and the Germans started looting valuables from their cities and Märtens took leather from a cobbler's shop and made the first pair of Doc Martens, which would be a very interesting, perhaps even quaint story were he not a Nazi, but here we are.

**Sydnee:** This is rough.

**Justin:** It's rough, but you've done it to me enough times, Sydnee.

**Sydnee:** I know.

**Justin:** This is what it feels like to have history thrown in your face like a cold shower.

**Sydnee:** Man, that's rough. That's— I mean, I didn't know this about Doc Martens.

**Justin:** So...

**Sydnee:** I feel like in this day and age, there would be some sort of outcry to rename them. It surprises me there isn't some sort of like, "Hey guys, we

love your shoes. Could you name them after someone else and not memorialize a Nazi?" I don't know, that's weird to me that there isn't, like, a movement to do that.

**Justin:** Yeah. So he got into business, um, didn't have a lot of luck, teamed up with a friend named Herbert Funk in Munich in '47.

And they went into business making the shoes and then a business in the UK, completely separate, bought the license to sell them in the UK. They're the ones that changed the, his name is actually Märtens, it's an A with an umlaut...

**Sydnee:** Yeah.

**Justin:** ... above it, which they changed to Doc Martens just to...

**Sydnee:** Simplify it?

**Justin:** ... simplify it.

**Sydnee:** Yeah. But... Still.

**Justin:** Here's what gets weird about it. So Doc Martens, and this gets—

**Sydnee:** It's already weird.

**Justin:** Yeah. This gets more into, like, fashion and stuff, but, like, basically the boots become separate from any association with Märtens, become a symbol of, like, working class people. And they're simultaneously adopted by, like, a lot of skinheads, right?

So there's, like, almost a clash for the symbology of the shoe. And the working class people, a lot of them wearing Doc Martens, it then becomes like a mod 60s, like, counterculture thing. Like, uh, Pete Townsend started wearing Doc Martens...

**Sydnee:** Uh-huh.

**Justin:** ...and it became, like, a thing in that in that scene. So it's always



had a weird, like association with, like, some skinhead, some punk, some whatever. So this history has always been really complicated.

**Sydnee:** Well, but I mean—

**Justin:** As far as I can tell, and I don't know, but it's not money that you spend on Doc Martens is not going to... you know, Märtenens...

**Sydnee:** Right, right. No, I know what you're saying. It's just—

**Justin:** But still, it's the history. I don't know.

**Sydnee:** Well, and it's even weirder, because like I said, I don't think I own any currently, but I did at one point in my life have a pair of Doc Martens, and I bought them because I was a theater kid who wasn't straight, was kind of...

That's where— That was the demo that I fit into. So like, that's a weird mix of, I don't know. This is not my campaign to change the name of Doc Martens. I'm not saying that. I guess I'm just surprised there isn't some sort of...

You know, like, I feel like we're at that point where we're trying to recognize that we could still wear these shoes, but maybe we don't need to constantly remember somebody who was a bad dude.

**Justin:** Uh, yeah.

**Sydnee:** Like, you know what I mean? Like, aren't we moving into that kind of era? I don't know.

**Justin:** It's tough.

**Sydnee:** I don't know how to feel about it. I don't know how to feel about any of this.

**Justin:** I'm so out of my depth with regards to this topic. I bring it to you just to tell you that, um, Doc Märtenens was in the German army in my book, that makes him a Nazi, that's where I'm at.

**Sydnee:** Wow, wow, this was, um, shocking and I mean...

**Justin:** But...

**Sydnee:** ... I don't know how to feel, and you're gonna need to give me a minute to assess that.

**Justin:** Well, while you're taking that minute, let's head on over to the billing department.

**Sydnee:** Let's go.

[theme music plays]

[ad break]

**Speaker 1:** Most of the plants humans eat are technically grass.

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**Elliott:** Perhaps you listened to one of our old episodes and decided that we were dumb and immature. Well, we've been doing this a while now. We have become smarter and more mature and generally nicer to Dan.

**Stuart:** But we are only human, so no promises.

**Dan:** Find the Flophouse on [MaximumFun.org](http://MaximumFun.org) or wherever you get podcasts.

**Justin:** Dr. Dre.

[silence]

**Sydnee:** Dr. Dre?

**Justin:** Dr. Dre.

**Sydnee:** Is a doctor.

**Justin:** Has an honorary doctorate.

**Sydnee:** Okay.

**Justin:** Was not a doctor when he began calling himself Dr. Dre.

**Sydnee:** But then somebody granted him an honorary doctorate?

**Justin:** Yes, exactly. That is exactly what happened. Sydnee, this one, this

one's challenging to me personally.

**Sydnee:** More challenging than the Nazi that made Doc Martens?

**Justin:** No, not more challenging than that. Dr. Teal.

**Sydnee:** Now Dr. Teal, what line of products?

**Justin:** They're the Epsom salts, you can envision them in your head.

**Sydnee:** The Epsom salts, that's what it is. Okay, I'm sitting there thinking it's something in a bathroom. What is the Dr. Teal label on? Yes. Um...

**Justin:** You know that you can envision the blue bottle...

**Sydnee:** Yeah.

**Justin:** We've had, like...

**Sydnee:** Yeah, I can see the—

**Justin:** ... the blue bottle and they'd make a lot of like...

**Sydnee:** Yes. I can see the bag of Epsom salts, now that you say that. No.

**Justin:** Okay, Syd, I'm gonna come clean here. I have no clue.

**Sydnee:** Well, that was disappointing.

**Justin:** It's not disappointing because here's what's weird. I looked everywhere. I mean, everywhere. Nobody knows if Dr. Teal is a doctor or just somebody who is made up. I decided to tap into my journalistic experience and I actually tracked down a press contact for PDC brands, the company that owns Dr. Teal.

**Sydnee:** And you asked them?

**Justin:** And I emailed, and I was, like, "This is not a gotcha, I'm not out to

get anybody, I don't really care what the answer is."

**Sydnee:** Oh, they didn't believe that at all.

**Justin:** Right? It does say misguided medicine in the name of the podcast, which worried me a little bit, so I just typed "Sawbones" and I'm like, "This is really easy. Just, is Dr. Teal, like, a real doctor?" And I got a response back, and they said, "This is a unique inquiry, so requesting some feedback internally before reaching back out."

**Sydnee:** They don't know!

**Justin:** So you don't know! Just say you don't know, Dr. Teal! You don't know.

**Sydnee:** You know you're never going to get another email, right?

**Justin:** I mean, you say that now, but...

**Sydnee:** They are never sending— That was it. They are never sending another email.

**Justin:** I will— I told them that I know it was a short lead time because, honestly, it's a podcast. What do you want? I'm trying my best. It's not real journalism. But I told them that if they...

**Sydnee:** "My wife was too busy in the hospital to research an episode and I'm trying."

**Justin:** If they clarify for me, I will happily update. So I will reach— Remind me, listeners. I will continue to bring the fourth estate to bear... [laughs]

**Sydnee:** For Dr. Teal.

**Justin:** [laughing] ... to try to figure out if Dr. Teal's real.

**Sydnee:** I know, but like, if they did think it was a gotcha and they took, like, two seconds to Google us, they're never gonna tell us. Like, they're

gonna see the, I'm sitting here holding a water bottle with our sticker on it that says "Cure all's cure nothing."

**Justin:** Yeah, but it's just Epsom salt which, I bet... I mean, I don't know. I don't wanna— I don't know. They make Epsom salt. I would just like to know if Dr. Teal's a doctor.

**Sydnee:** Yeah, we haven't— We haven't ever done, I don't think we've ever done an episode on Epsom salts.

**Justin:** Be a good opportunity.

**Sydnee:** Um... But I will— Yeah, no, we should. And this isn't—

**Justin:** We'd love to get Dr. Teal on the show. If he is a he, or a person that exists, or she, or anybody, if Dr. Teal exists, I would love to have the entity Dr. Teal on our podcast.

**Sydnee:** I'm guessing there isn't a Dr. Teal, but I will say that I have observed there are some people who kind of use Epsom salts as a bit of a cure-all, I think.

**Justin:** Sure.

**Sydnee:** Now, I have not done all the research to know the whole history of it, but maybe I could do that and uncover it and see if I can find out anything to corroborate any sort of story about Dr. Teal.

**Justin:** Uh, real quick, would love to talk to you about Dr. Stephanie.

**Sydnee:** I don't know who Dr. Stephanie is.

**Justin:** Dr. Stephanie makes a line of different nutritional— If you actually, if you would do me a quick search on there so you can help me to clarify the kind of products that Dr. Stephanie makes.

**Sydnee:** My immediate, without even looking this up yet, I'm Googling as we speak, but without even doing it, my immediate thought is that this is a

real person. DrStephanies.com?

**Justin:** I mean probably.

**Sydnee:** Is that daily supplements for, oh, like sugar down.

**Justin:** Yeah, like what is—

**Sydnee:** Sugar down gummies. Blood sugar 24 hours. Is that what— Am I on the right thing?

**Justin:** Yeah, that's Dr. Stephanie.

**Sydnee:** I mean, there's a lady standing here. Dr. Stephanie Redman, board certified doctor of pharmacy.

**Justin:** Okay, so you're cheating, because I told you to just look at the products and then you looked on their website, so that was a cheat.

**Sydnee:** Okay, that was a cheat.

**Justin:** History will remember.

**Sydnee:** Now, did you hear me though, as I was looking, say my suspicion is that it really is a person?

**Justin:** Yes, that's correct. I just wanted to ask you real quick, is that, like, what's a doctor of pharmacy? That's kind of why this is up here.

**Sydnee:** Oh, man, let me tell you, you're gonna make so many pharmacists mad. You can have a doctorate in pharmacy.

**Justin:** No, I didn't say you can't. I'm just asking what a doctorate in pharmacy is.

**Sydnee:** It's just achieving a doctoral level degree in the field of pharmacy.

**Justin:** Would that person in day-to-day still work as a pharmacist or would

they be, like, a researcher or what?

**Sydnee:** It depends. I mean, you could go into clinical pharmacy. You could work in a pharmacy. You could...

There is a doctor of pharmacy who works on my hospital team and she, like, works with us in the hospital to monitor drugs that patients are getting within the hospital and you know, dose antibiotics and TPN and all kinds of things like that.

So, like, all the different, I mean, certainly you could be a researcher too, work for a pharmaceutical company perhaps, or I mean, there's lots of different kind of pathways that you could go. But yes, you can definitely achieve a doctoral level degree in pharmacy, which would make you, you know, capable of creating the medicine, I suppose.

**Justin:** Yeah.

**Sydnee:** But that is in no way an endorsement of whatever...

**Justin:** I just feel, like, of the doctors...

**Sydnee:** ... whatever Dr. Stephanie Redmond, board certified doctor of pharmacy, is selling here. I don't know what these are.

**Justin:** Okay. Well, I was just wanting, that was just a way for me to ask about being a doctor of pharmacy because I had never heard of it before. So I want to be smarter.

**Sydnee:** Yes, it is a real thing.

**Justin:** Of course.

**Sydnee:** Yes.

**Justin:** Dr. Brown.

**Sydnee:** Wait, I'm still looking at—



**Justin:** Okay.

**Sydnee:** This one is called Men's Romance Maximum Support.

**Justin:** Yeah.

**Sydnee:** Do you want to buy Dr. Stephanie's men's romance?

**Justin:** So when you see a big box show up...

**Sydnee:** What about— There's a nerve? Oh!

**Justin:** It's cheaper in bulk. It's cheaper in bulk.

**Sydnee:** Men's hair gummies. You don't need that. You've got so much hair. You've got hair to spare.

**Justin:** That wasn't necessarily a compliment.

**Sydnee:** I meant on your head.

**Justin:** I know!

**Sydnee:** I meant on your head.

**Justin:** Still! You know, like...

**Sydnee:** I just mean you've got a lot of hair.

**Justin:** A lot of hair, not nice.

**Sydnee:** I love your hair.

**Justin:** Oh, there we go. Now we're in compliment land.

**Sydnee:** Yeah. I love your hair. I wish I had—

**Justin:** [crosstalk] ... of hair is not necessarily a compliment.

**Sydnee:** Well, you've got thick, full...

**Justin:** Lustrous.

**Sydnee:** ... curly, lustrous hair.

**Justin:** Thank you.

**Sydnee:** I wish I had your hair.

**Justin:** Doctor Brown. Doc Brown.

**Sydnee:** No, that's a character. Oh, are we asking if the character?

**Justin:** I'm asking if Doc Brown is a doctor.

**Sydnee:** The character Doc Brown.

**Justin:** Uh-huh.

**Sydnee:** Within the world of the movie.

**Justin:** Of what movie?

**Sydnee:** Of Back to the Future.

**Justin:** Mm-hmm.

**Sydnee:** Yes.

**Justin:** Yes, but what about Dr. Brown? Dr. Brown makes baby bottles. Dr. Brown makes...

**Sydnee:** Oh.

**Justin:** ... the baby bottles everybody loves. Everybody loves the baby

bottles made by Dr. Brown.

**Sydnee:** We didn't get those.

**Justin:** No, I think Dr. Brown's thing maybe was after our time. But have you heard of Dr. Brown? A lot of people use the Dr. Brown baby bottles.

**Sydnee:** I'm gonna say yes, this is a pediatrician. That's a guess, I have no idea.

**Justin:** Correct. Dr. Craig Brown is a real person. In fact, you can go see Dr. Brown if you live around, how quaint is it, Shelbyville? The monorail and Dr. Craig Brown are both more kind of Shelbyville ideas.

**Sydnee:** [laughs]

**Justin:** Dr. Brown, this he came by honest. This is a quote from an interview with him when he started practicing at SBL Sullivan and Shelbyville Clinics. "Our second child literally screamed 20 hours a day. It wasn't typical colic. It was a full blown bloody scream."

That was in '88 when Doc Brown was fresh out of residency and working as a family practice physician. He's a family doctor.

**Sydnee:** Oh.

**Justin:** Just like you. He and his wife, Christy, tried everything to soothe their son, including multiple visits to eliminate medical issues. What he noticed was that, this is the quote, "That's when the mad scientist in me came out. What I noticed when I was feeding him led me to start drilling holes in his brother's own baby bottles."

So basically there was air getting into the milk and Dr. Brown decided to just start drilling holes in baby bottles until he figured it out. And he managed to find a bottle that actually, like, managed to treat the problem and help with the problem.

**Sydnee:** Help with gassiness?

**Justin:** Yeah. So he's still out there designing bottles, making products. He runs the company while he is a doctor and they have a, uh, a growing business.

**Sydnee:** Oh.

**Justin:** He's still a practicing family physician. He's been in the medical field for over 37 years.

**Sydnee:** Well, that is very different than, when you said that, I immediately Googled Dr. Craig Brown. That's what you said his name is, right?

**Justin:** Yeah.

**Sydnee:** And I got DrCraigBrown.com, which is, uh, expansive medicine.

**Justin:** Mm.

**Sydnee:** Expansive holistic health. And there's, like, a picture of him on the front page here, like doing a really high kick.

**Justin:** Cool.

**Sydnee:** Like, look at him.

**Justin:** Whoa!

**Sydnee:** Look at that guy.

**Justin:** Yo, the Dr. Craig Brown website is good.

**Sydnee:** Yeah.

**Justin:** That's a good website. I plan on producing that later at my leisure.

**Sydnee:** He's got— This is a \$6 million man plan that he can walk you through.

**Justin:** So that's Dr. Brown. I have, sorry, real quick, one more to get to.

**Sydnee:** Okay.

**Justin:** Um, uh... And this is about Doc Brown, Dr. Brown.

**Sydnee:** From Back to the Future. Another one.

**Justin:** This is a soda, soda Dr. Brown, you've probably seen it in delis, it's very common in New York delis and some upscale grocery stores.

**Sydnee:** I've never seen the soda Dr. Brown.

**Justin:** You've never seen the soda Dr. Brown?

**Sydnee:** No.

**Justin:** Well have you seen the person Dr. Brown?

**Sydnee:** No? No, there isn't one!

**Justin:** That's right, there's not one.

**Sydnee:** Ah-ha! I got it.

**Justin:** It seems to be just legend, at this point, it's unclear whether or not there's a Dr. Brown at all. His first product was selling, uh, Cel-Ray. It was a celery soda.

**Sydnee:** Yeah, I think we've talked about that.

**Justin:** Yeah, he started selling it in the early 1900s, and I think we listened to the Proof episode about celery. Did we listen to that too? There's a big celery trend. We did a thing—

**Sydnee:** We talked about it on the episode, yeah.

**Justin:** Anyway, celery soda was the big Dr. Brown thing. He— It is still sold as Cel-Ray under the name of Dr. Brown. It is not, uh...

**Sydnee:** So Cel-Ray is Dr. Brown?

**Justin:** Cel-Ray is made by Dr. Brown, yep.

**Sydnee:** Oh, so is Dr. Brown the company?

**Justin:** Yes.

**Sydnee:** Okay, do they make a different soda that's just called Dr. Brown?

**Justin:** Dr. Brown is the brand. So they make several different sodas. I think there's some different, like, seltzer type things.

**Sydnee:** Gotcha, okay, okay. I've heard of Cel-Ray. I didn't know that the maker was Dr. Brown. Oh, okay, yeah.

**Justin:** Yeah. Yeah. And there may have been a Dr. Brown, there may not have been Dr. Brown, but it doesn't seem very clear, which probably not. Okay, this is the last one. And I was just tickled to death about this. Dr. Bronner, you know Dr. Bronner? The soap.

**Sydnee:** Yeah, the soap, okay.

**Justin:** Dr. Bronner.

**Sydnee:** Mm. Yes. Is a doctor, is an actual doctor who made soap.

**Justin:** Yep, he's an actual doctor who makes soap.

**Sydnee:** Really? What— Doctor of what?

**Justin:** So— Sorry, I should have been more clear. He's an actual person who makes soap, not a doctor, no, you— It was incorrect.

**Sydnee:** Oh.

**Justin:** Emmanuel Theodore Bronner. His original name was Emmanuel Heil Bronner, but he dropped that in '29 because of the associations of "Heil" with Marxism.

**Sydnee:** Gotcha. Yeah, got it, okay. So really two ends of the spectrum here with the creators on this episode.

**Justin:** That's why he's at the end. His parents, uh, he begged them to immigrate to the US because he saw the Holocaust coming. But they both died in the Holocaust.

**Sydnee:** Oh.

**Justin:** Yeah. So he continued their, sort of, legacy making soap. But his soap, he always did it his sort of own way in this, uh, in the soap biz. Specifically, he did everything, he made pure castile soap, which I don't know enough about soap, but that's sort of their main product. But if you could, Syd, look up a Dr. Bronner, just type in Dr. Bronner label.

**Sydnee:** B-R-O-N-N-E-R?

**Justin:** Yep. And see if you can find some text. And I'll tell you some, too. Because Dr. Bronner's labels have been basically, extremely similar...

**Sydnee:** Oh, my goodness.

**Justin:** ... for many, many decades.

**Sydnee:** There's so much text on it.

**Justin:** He has used... For decades, Dr. Bronner's has used the entirety of his labels to espouse his moral philosophy and his moral teachings. Uh...

**Sydnee:** "Dr. Bronner's fifth cosmic principle."

**Justin:** Yep.

**Sydnee:** "Treat earth like home. Cosmic principle six..."

**Justin:** No, wait, now I should mention that cosmic principle. They use a ton of solar energy. Almost everything they use is recyclable. They're moving towards the goal at Dr. Bronner of becoming 100% carbon neutral. Here are the moral ABCs. That is the name of Dr. Bronner's philosophy.

"The moral ABC of astronomy's eternal all one God faith unites the human race. When we teach—" These are just directly from this label of soap. Imagine you pick up a label of soap and this is what you read. "When we teach the—"

Oh, I should say thanks to us, sloww with two W's dot co for reprinting some of this text. "When we teach the moral ABC, all mankind is united, brave, strong, just free. The for the future will be better when we are better. Times will change when we change. Conditions will improve when we improve. And if you and I cooperate by full truth to accomplish them."

Still on your soap label, you read, "We're all sisters and brothers. You and I here and now today, not them nor they. You and I today. First, if I'm not for me, who am I? Nobody. Second, yet if I'm only for me, what am I? Nothing. Third, if not now, when? Unite we must. Have courage and smile, my friend. Think and act 10 years ahead."

"Teach the moral ABC that unites all mankind free, instantly six billion strong, and we're all one. Balance food for body, mind, soul, spirit is our medicine. Self-discipline is the key to freedom, breathe deeply. Repetition is the key to knowledge." Uh...

**Sydnee:** That's a wild soap label.

**Justin:** It is not like any soap label I've ever seen. There's one that reads, "To keep my health—" This is life's goal.

It says, "To keep my health, to do my work, to love, to live, to see it. I gain and grow and give and give, never to look behind me for an hour, never to wait in weakness nor walk in power, always working, searching for more truth, more light, always speaking, fighting for what I found good and right."



That is, Dr. Bronner has, uh, his company continues to have the label to teach, like, that we're all one and that we should all take care of each other. And they have put those practices into use throughout their business. And it's just the one thing about it is that he's not a doctor. He's not a doctor, but it seems...

**Sydnee:** Is he anything, he doesn't have a doctorate?

**Justin:** He's not a doctor, but he seems to have gotten something more true and healing than a lot of these doctors have.

**Sydnee:** Oh. Oh, you think so?

**Justin:** The moral ABCs, I feel like—

**Sydnee:** So you think you could just tack that honorific on there.

**Justin:** I feel like if you really... I think the point of this episode, if you really deserve it, you should be allowed to be a doctor. That's what I'm saying.

**Sydnee:** And really deserve it is Justin decides.

**Justin:** It's an affectionate...

**Sydnee:** You decide who really deserves it. That's dictated by Justin.

**Justin:** I didn't know there was a doctorate where... sort of an affectionate doctorate where if you're just such a chill dude, no one gets upset about it. This is not, I did not realize that. But he seems like a good egg.

**Sydnee:** I mean, yeah, seems like a good guy. I don't know.

**Justin:** He's no longer with us, but he seemed like a good guy.

**Sydnee:** Yeah, he seems like he was a good guy. And I mean, is it good soap? I don't know, I've never used it.

**Justin:** I don't know, but. Their website is great.

**Sydnee:** Hey, listen.

**Justin:** If you wanna head over to their website, it is absolutely non-stop.

**Sydnee:** Does it get you clean?

**Justin:** Does it get you clean?

**Sydnee:** 'Cause that's good soap, that's in my book. Does it get you clean?

**Justin:** That's all.... And that's, hey, like, listen, that's a really low bar, okay? Some people have done a lot of messed up stuff, okay?

**Sydnee:** Honestly, I also, like, it also can't have any scents of any kind...

**Justin:** Right.

**Sydnee:** ... for me because then my allergies are just gonna be a mess all day, my skin's gonna itch.

**Justin:** If it said, "Proudly tested on animals in the most cruel way possible."

**Sydnee:** Okay, well no, obviously no, I wouldn't want soap like that. I just mean, like, I just mean, like...

**Justin:** Thank you!

**Sydnee:** I just mean it doesn't have to be fancy as long as it's unscented and no, of course, not tested cruelly on animals and gets you clean.

**Justin:** Uh... The final... Our final doctor is Dr. Scholz. And here's the thing, Syd, I want to be honest with you, because as I told you that I was going to say this at the end of the episode.

Um... The truth is, I don't know if Dr. Scholz is a doctor. And you don't know if Dr. Scholz is a doctor. And as far as I could find in any document, no one

alive knows if Dr. Scholz was a doctor. And I was hoping that you would look into that for the next episode of Sawbones.

**Sydnee:** All right. Next episode, I'll see if I can crack the case.

**Justin:** Okay. And I will let you all know if I hear anything about Dr. Teal.

**Sydnee:** Hey, you know what I'm going to do, though? I'm going to leverage the power of our listeners right now and say that if anybody out there listening already knows the answer to this question, you don't need to look it up. You don't need to go research it. I'm going to do that part. But if you just happen to know this off the top of your head...

**Justin:** And nobody does. Trust me.

**Sydnee:** You can email us...

**Justin:** Sorry, Sydnee.

**Sydnee:** ... and tell me because I'm the one who reads the emails, that comes to me.

**Justin:** Alright.

**Sydnee:** I'm the email checker. And then, and I will credit you. I mean, if you give me permission to. If you already know, please don't do any research.

**Justin:** And you don't. Nobody knows.

**Sydnee:** Please don't do any research.

**Justin:** Sydnee does not believe me. She does not have a lot of faith in me as a researcher.

**Sydnee:** What's our email, Justin? What's our email?

**Justin:** Sawbones@MaximumFun.org.

**Sydnee:** Thank you.

**Justin:** That's us. Thanks to the Taxpayers for the use of their song, Medicines, as the intro and outro of our program. And thanks to you, my friend, for listening.

We so much appreciate you being there. Sorry about the long absence since our last episode, but we are going... Our aim is to be more consistent. That's our 2024 goal.

**Sydnee:** Yes.

**Justin:** We will see how it goes. If it's any consolation to you, our beloved listeners, we are not, like, marathoning... [laughs] Marathoning Squid Game: The Challenge and lounging.

**Sydnee:** No, we will be more diligent. It was, uh, between... There were a lot of personal and work and things and not all fun, but, um...

**Justin:** And probably it was just the holiday there.

**Sydnee:** Yeah, but we are, um, and I was sad to not be doing this regularly, because I love making this show and sharing it with all of you, so.

**Justin:** That is going to do it for us until next time. My name is Justin McElroy.

**Sydnee:** I'm Sydnee McElroy.

**Justin:** And as always, don't drill a hole in your head.

[theme music plays]

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