ACSH's Top 5 videos of 2015

As the year winds down, we share with you some of our notable videos of the year; some made us laugh, some made us cringe, and some made us better advocates for sound science.

5. Fad Friday: Debunking homeopathy

Homeopathy is the system of using extremely dilute solutions of the disease-causing entity itself to treat the disease. The system was developed (made up, really) by Samuel Hahnemann in 1796 well before the germ theory of disease was elucidated. Thus he can be forgiven for his misguided attempt to cure. But no such forgiveness should be extended to those in the 21st century who willfully ignore the advances and benefits of modern medicine.

https://www.youtube.com/watch?v=nv5cP5BZBdM [1]

4. Aspartame: Health concern or hype?

The consumption of Aspartame and other artificial sweeteners pose no health threats to humans, according to decades of research and rigorous, science-based testing. This fact is supported even more strongly when compared to the deleterious effects of sugar consumption, which is widely believed to have fueled America's current obesity epidemic.

https://www.youtube.com/watch?v=K8az9b4awb8 [2]

3. Canine Caution: A sweetener that can kill your dog
Xylitol- a sugar substitute found in sugar-free gum, some baked goods, and even some peanut butter brands is safe for human consumption, but can be deadly for your furry friend. Be sure to check the label for Xylitol on sugar-free products in your kitchen, and make sure it s out of your pup s reach.

Extra caution: Video contains puppy cuteness overload, including Ana Dolaskie s American Bulldog, Boris.

https://www.youtube.com/watch?v=qHBWeSYlruo

2. Sleeping with the enemy; The dirty side of your mattress

In 2000, a Wall Street Journal writer granted a huge boon to the mattress industry, by publishing the claim that a mattress doubled in weight after 10 years, due to the effects of sweat, dead skin, hair and dust mites that feed on that dead skin. Ew!

https://www.youtube.com/watch?v=zy7LhMQIwYM

1. Blast from the past: ACSH travels back to 1985!

In honor of Back to the Future II, ACSH went back in time to look at several events that made news for the council in 1985. Most are true, a few are not; But they’re funny, nonetheless.

https://www.youtube.com/watch?v=FXUSRfqlhFc