

PREVIEW_ Darryl Edwards - The Power of Primal Play (LCC 2016) 2

Darryl Edwards: I know it's kind of the norm convention to display some sort of graphs and charts and prove that what I'm talking about actually made a lot of sense and it's evidence based. And I know a lot of people in here eat cheese.

So I just like to prove that if you consume more cheese, you're more like to die in your bed sheets. Okay? And I do have the sources here. The USDA and the CDC are my sources. Okay? So this data is irrefutable, guys. Correlation versus causation.

Again, I've seen so many charts in my time and I can feel that people are talking rubbish. And look at this. We hate margarine in this room, right, guys? But do you know that the increase in consumption or decrease in consumption of margarine, leads to more divorce in Maine?

Okay, so there is a down side to eating less margarine. Here I now call this coincidence versus causation. The number of people who drowned in the swimming pool correlated with Nicholas Cage movie appearances.

And again if I do substitute to the data labels, with something that was really important to us, you'd be likely to believe me just because it's something that we want to have affirmation of and validation from.

But just goes to show that stats and data and information don't really mean much. Not really. But in all seriousness, we do have a problem. We're all aware of this. 68% of deaths occur prematurely.

All based on our lifestyle. And it's forecast that by 2030 it's going to be 75% of all deaths... We'll die earlier, we'll suffer for longer, based on our lifestyle.