

GLP Podcast: Poison ivy vaccine; Exercise doesn't always cause weight loss; Essential oil videos debunked

Poison Ivy plagues outdoor enthusiasts everywhere. Is a vaccine on the horizon? Exercise is great for your health, but a new study shows that working out might not help you lose as much weight as you had hoped. Several new videos promoting essential oil vegetable washes and demonizing pesticides are making the social media rounds. Let's take a look at everything they got wrong.

Join geneticist Kevin Folta and GLP contributor Cameron English on this episode of Science Facts and Fallacies as they break down these latest news stories:

- [We have little relief for poison ivy rashes — but a vaccine is in the works](#)

For many of us, poison ivy is just a fact of life—though it may not be in the coming years. Researchers are developing a compound called PDC-APB, which contains a synthetic version of the active component in urushiol, the chemical that causes those irritating poison ivy rashes. If approved, the drug would be administered once or twice a year, giving the immune system of an individual prone to poison ivy rashes a head start.

- [Why exercising more doesn't necessarily lead to weight loss](#)

A recent study shows that exercise may result in roughly 25 percent less weight loss than projected by the simple calories-in-calories-out calculation we're all familiar with. The research adds to existing evidence showing that the human body evolved complex energy-sparing mechanisms designed to help our ancestors retain calories for the long fasting periods they often experienced. What does this mean for those of us today who regularly hit the gym in hopes of slimming down?

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- [Videos: Debunking three viral social media videos that promote 'snake oil' products and spread misinformation about the 'dangers' of pesticides on produce](#)

New pyramid-marketing videos promoting pesticide "cleansing" products have garnered lots of attention on social media. The viral TikTok clips, while perhaps compelling to the unsuspecting viewer, are based on a fundamental misunderstanding of agriculture.

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