

## Podcast: The Anti-Vax Files, One woman's escape from the rabbit hole | BBC World Service

By BBC World Service

April 19, 2021

Catherine didn't have much to do with mainstream medicine. Social media pushed her down a rabbit hole – but also dragged her back out again.

Catherine's family believed in alternative medicine and she grew up in relatively poor, fringe communities that didn't have much to do with mainstream science or Britain's national health system. And when social media became a big part of her life, she started believing in all sorts of wild conspiracy theories.

But when she slowly realised that she was being conned by some of the pseudoscientists and charlatans she had put her trust in, she started to turn a sceptical eye on her online sources.

[...]

Source: [BBC World Service – Trending, The Anti-Vax Files, One woman's escape from the rabbit hole](#)