

Muffy the Myth Slayer Transcript

[*Buffy the Vampire Slayer* theme plays]

Hey guys! You're watching Muffy the Myth Slayer, and I'm Muffy, the one girl in all the world, the chosen one. It's up to me to stand against the myths, legends, and folklore. I am...the Slayer. [Sound of stake whipping through air]

On today's episode, we're going to be tackling a very special myth. One that I'd bet an entire bag of Spicy Sweet Chili Doritos is a myth near and dear to all of your hearts, viewers. Today's myth: the vampire.

To properly stake the myth of the vampire, there are some very important aspects of the myth we need to vanquish. They are:

[Sound of stake whipping through air occurs when each bullet point is spoken]

- Aversion to sunlight
- Elongated canines
- Thirst for blood
- Abhorrence to garlic

To do that, there's one particular condition we're going to discuss today that explains the "symptoms" of vampirism: erythropoietic porphyria (uh-ryeth-ro-poe-ee-eh-tic pore-fear-ee-uh) (Which we'll call EP for the remainder of this video, because there's no way in the hellmouth I'll ever manage to say that again.)

EP is one of a group of congenital disorders caused by a defect in one of the enzymes that helps create heme, the chemical compound that creates the hemoglobin found in blood. Symptoms of EP include pale skin and light sensitivity, to the point where the skin can become so damaged that victims lose their ears and noses. Imagine looking in the mirror and seeing Nosferatu. Or Voldemort.

In bad cases of EP:

- Gums can actually recede from the teeth so that canines really stand out
- The teeth can also become discolored with red
- These are likely responsible for the blood-drinking aspect of vampire mythology

The vampire's aversion to garlic can also be explained by EP. There are these compounds in garlic that can induce this enzyme that degrades heme, which can worsen all those symptoms of EP I just talked about. Yeah...I wouldn't want to chow down on garlic bread if I had EP, either.

So, if you refer back to today's to-do list, I think you'll see that we successfully used EP to explain those four common symptoms of vampirism:

- Aversion to sunlight
- Elongated canines
- Thirst for blood

- Abhorrence to garlic

And with that, I think we can officially consider this myth SLAYED. [Sound of stake being whipped through air]

[*Buffy the Vampire Slayer* theme begins playing again]

If you liked slaying the vampire myth, you definitely need to read the article I wrote on Mental Floss*. In addition to the vampire myth, it also slays the myths about werewolves and demonic possession. So make sure you grab a sturdy silver knife and your favorite exorcism book—in the original Latin, of course—and click this link.

I hope your day's five by five. Goodbye~

*There is no Mental Floss article. Part of the assignment was to gear the project towards a particular publication.