A cadre of mostly well intentioned, but growingly burdensome, regulations has threatened to distort and delay current efforts in medical practice and biomedical research. While in it of themselves many of these added regulatory requirements can be rationally justified, the practical and empirical benefits of their implementation are unclear. Concerns arising from appearances and hypothetical situations have created a tracking, reporting and monitoring set of rules and regulations that divert precious resources from more important tasks to those that have a yet-to-be-defined benefit. Some of the most notable examples include the growing regulation regarding interactions between physicians and representative from the private sector (under the banner of conflict of interest), as well as regulations of the number of hours worked by physician residents. With little to no data to show harm, and no data to show improved outcomes, government agencies, institutions and individuals are now required to comply with a growingly complex and time demanding task of uncertain benefits. At its extreme these regulations will stymie interaction and will slow down the pace of discovery and innovation, as well as interfere with training.