

Wonderful! 284: We Can Moo It

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[theme music plays]

Rachel: Hi, this is Rachel McElroy.

Griffin: Hello, this is Griffin McElroy.

Rachel: And this is *Wonderful!*

Griffin: Hot days in the summertime and we're here for you. We're here for you to keep it cool. This is a show where we talk about things that are good, that we like, and are into.

Rachel: The sun is out and we both, at this moment, have our guns out.

Griffin: That is true. Rachel said to me yesterday "I never want you to wear sleeves again."

Rachel: [laughs]

Griffin: It made me feel very good about myself and my arms. And my strength. And my power. And my strength and power, and I protect my family.

Rachel: [laughs]

Griffin: I protect my family with my big arms. Both of them, left one and right one.

Rachel: I declared Griffin Mr. July yesterday.

Griffin: That's true.

Rachel: We were out on the trampoline. Had a little sprinkler goin'.

Griffin: Kids hated it.

Rachel: Kids—

Griffin: But.

Rachel: Griffin was trying so hard to sell it to them.

Griffin: Wooo! I was literally shouting like "Woo! Fun!"

Rachel: [laughs] "I'm just gonna stand right under this and let the water get on my face. Look! Look! It's okay!"

Griffin: I shouted "Hot fun in the summertime. We're keepin' it cool here, on *Wonderful!*" I said that to our sons.

Rachel: [laughs]

Griffin: And they were like "What, daddy?" I don't. Yeah, it was a good time. I'm going to say that for my small wonder.

Rachel: Whoaaa.

Griffin: Playin' out on a trampoline with a sprinkler.

Rachel: Yeah.

Griffin: They make trampoline sprinklers. And they're sprinklers that you strap onto your trampo, and they spin around and they spray water all over the dang place. And it's fun to bounce and it's fun to be wet.

Rachel: I will say, I noticed that the sprinkler that we bought said "for ages 3 and up," so we were definitely taking a risk.

Griffin: Yeah.

Rachel: My allowing our two-year-old out there, who did slip and fall several times. [chuckles]

Griffin: So many times. Six-year-old also slipped and fell a lot of times.

Rachel: Yeah.

Griffin: I did not.

Rachel: [laughs]

Griffin: 'Cause I'm a big man with a strong body, strong legs that didn't let me fall down.

Rachel: You're comin' in with a lot of confidence this week.

Griffin: What can I say? My wife told me that I shouldn't wear sleeves anymore.

Rachel: [laughs]

Griffin: It really gassed me up, as the teens say.

Rachel: Mm-hmm.

Griffin: Do you have a small wonder?

Rachel: I got my face cleaned.

Griffin: You sure did.

Rachel: I went to a place right before we started recording, got my face cleaned. Uh... I like how—

Griffin: It's a facial. You got a facial.

Rachel: I know.

Griffin: You're saying—

Rachel: That word makes me sound like too fancy though?

Griffin: A facial?

Rachel: The word "facial" makes me sound like fancy, I think.

Griffin: You gotta de— You gotta deconstruct that.

Rachel: [laughs]

Griffin: I feel it's— I feel like it's normal to let somebody take care of you a little bit like that.

Rachel: Well, okay. So I got a facial.

Griffin: Yeah. Gooo-llyyyy.

Rachel: [laughs]

Griffin: Miss Highfalutin over here.

Rachel: And I don't know what they do, they put like 17 creams on your face, of varying thicknesses and colors.

Griffin: Is that an estimation, or is that exactly how many creams they put?

Rachel: It's an estimation, but it's not far off.

Griffin: Okay, wow. That's a lot of creams.

Rachel: And you leave so shiny.

Griffin: Yeah.

Rachel: And it always makes me feel nice.

Griffin: I can see myself in you— in your face.

Rachel: [snorts] That sounds like a line.

Griffin: In you—

Rachel: That sounds like you're hit—

Griffin: I can see my arms in your face.

Rachel: [laughs] It seems like you're hitting on me a little bit.

Griffin: I am a little bit.

Rachel: [laughs]

Griffin: I go first this week.

Rachel: Yes.

Griffin: I'm gonna talk about something I brought as a small wonder before.

Rachel: Okay.

Griffin: But it's— I think— It's ready to be elevated to big wonder status. I'm gonna move my keyboard, 'cause I'm, you know. I've got my legs up, I'm kickin' it up, 'cause you know, it's keepin' it cool in the summertime, and I don't want to kick the spacebar and stop our stunning recording. *The Bear*. I'm talkin' about the television show *The Bear*.

Rachel: Ohhhhh, good for you.

Griffin: Can't stop talkin' about *The Bear*, can't stop thinkin' about *The Bear*. Got my bros watchin' *The Bear*— Well, I got Travis watchin' *The Bear*, and he watched one season in like a day.

Rachel: Yeah, that is what's good about Travis is like if you can sell him.

Griffin: Yeah.

Rachel: He will finish it immediately. [chuckles]

Griffin: Yeah I— He also watched all of *Siren*.

Rachel: [laughs]

Griffin: In like a little less than a week, which has been really fun, getting texts from him like "Team— Team soldier for life!" Wow, okay. Team soldier. You sure?

Rachel: [laughs]

Griffin: I think *The Bear* might be my favorite television show that exists, right now.

Rachel: Wooow. It does combine a lot of things you like.

Griffin: It does. It do— I mean, objectively like, when I think about like the quality of the television show. When I think about how much I enjoy it, how special it feels, like how unique a show it is. How many emotions it is able to illicit from me.

Rachel: Yeah.

Griffin: Like I don't think there's anything else that really comes close.

Rachel: Well, and have you thought about the poignancy of watching a show about family members that start a business together?

Griffin: No. Not until this moment, but yeah it is—

Rachel: [laughs]

Griffin: I mean I would like to think that the way we run shit is a little bit less—

Rachel: Yeah.

Griffin: — stressful.

Rachel: No, yeah.

Griffin: Than *The Bear*.

Rachel: Not as volatile. Definitely not as much—

Griffin: Yelling.

Rachel: — hostility.

Griffin: No.

Rachel: But I would say, you know, the challenges are... [chuckles]

Griffin: There.

Rachel: There.

Griffin: They're there. I talked about *The Bear* season one as a small wonder, in our recap episode last December like of the best television I mentioned it, which is good 'cause the first season's great. The second season of *The Bear* is a miraculous... thing. And... all I wanna do is talk about it, which is great, 'cause that's what this tel— this podcast program is all about.

I wanna avoid spoilers, 'cause I would hate to ruin any of the kinda like big swings that this show takes before people can watch it, but that'll be kinda difficult because my favorite thing about *The Bear* is the arcs that the characters go on, which are inherently very spoilable. So I'm gonna try and avoid that to the best of my ability. So *The Bear* is, if you don't know anything about it, which I think is unlikely 'cause I feel like everybody's kinda talking about this television show.

Rachel: I will say the name of the show does not give you a lot to go on though.

Griffin: No.

Rachel: So it is probably helpful for people to hear what it's about.

Griffin: We also watched Cocaine Bear this past weekend.

Rachel: [giggles] This is true.

Griffin: Which is a different type of bear.

Rachel: True.

Griffin: Far... gorier— A far gorier affair. This is non-cocaine be— There's— People may do cocaine in it, I can't remember off the top of my head.

Rachel: A live bear is not featured in this bear.

Griffin: That's not true actually. In the first season, you get a live bear.

Rachel: Oh there is a live bear?

Griffin: That it— He kinda like symbolically— Anyway.

Rachel: [laughs]

Griffin: Again, it's spoilers. It's on Hulu. You can watch it if you got that. It's about a restaurant in Chicago, Chicago beef restrant.

Rachel: [laughs]

Griffin: It's a Chicago beef restrant joint. Where the main character, Carmy, has come to take over after his brother's passing. And it's just this greasy spoon, hectic, unambitious sandwich spot. And Carmy is this genius like master chef, who has worked in some of the best restaurants in the world. Like fine-dining, executive chef, high level dude.

And a lot of the first season is about sort of the friction between him and the staff as he tries to modernize and improve this greasy spoon restaurant. And the staff is just incredible. There is his asshole cousin Richie, who doesn't want anything to change.

Rachel: Yeah.

Griffin: Largely because he's also dealing with the passing of Michael, Carmy's brother. There is Tina, who's like this line cook that starts off making fun of Carmy and giving him a really hard time.

Rachel: Yeah.

Griffin: But eventually becomes like deeply curious about—

Rachel: Yeeeeeah.

Griffin: — the kind of stuff that he's bringing to the table. There's Marcus, who's the pastry chef, who discovers he has this latent pastry ability.

Rachel: Yeah.

Griffin: That he just gets so energized by. There's Sydney, who is a chef that Carmy hires who's also brilliant, and just—

Rachel: Definitely the catalyst, right?

Griffin: Yeah, for all of this.

Rachel: Like, I don't think Carmy could have turned the culture without her.

Griffin: Right. And then she works with some of his teammates to help with this big modernization. The show is incredibly stressful, that is the thing that people talk about when they talk about *The Bear*, it's just that it is a very stressful time, and part of that is that it's on a "here's how a kitchen works" level. It is very hectic to be inside a building where you have to cook a bunch of different kinds of food for large groups of people who sort of circle in and out, right? That's a stressful job.

Rachel: Yeah. And that it has to be on the tightest timeline possible.

Griffin: Right. There's also like the sort of interpersonal conflict level, there is the dealing with grief and loss, with this like, you know, specter of Carmy's brother that just sort of looms large over the place and the people that work in it. Money is tight, things are always breaking, people fight a lot as they sort of try to get through their stuff, et cetera.

Here is the thing about *The Bear*, is that it is an uplifting show on a very profound level, despite all of that stress, despite all of that stuff, or maybe because of it, right? While watching the second season, I could not stop thinking and comparing it to *Ted Lasso*, which we watched all of and— I don't like dumping on stuff here on *Wonderful!*, I know that lots of people like different sorts of things.

I was personally hugely disappointed in the last season of *Ted Lasso*. Partially 'cause I just didn't think it was very [chuckles] good. Like I didn't think it was very well-made television at all. But my biggest problem is that it like— It's a show also about sort of uplifting character moments and redemption and all this stuff, but the last season of that television show did not show it's work on all— any of those sort of moments, at all.

Rachel: Yeah, right?

Griffin: It was—

Rachel: We were just told, as the viewer, that some transformations had happened, we—

Griffin: Off-screen.

Rachel: — we didn't see [chuckles] most of them.

Griffin: Between episodes. Man— The biggest episode— The biggest moments that you could want, the biggest sort of conversations that you could want to see happen.

Rachel: Yeah.

Griffin: Turning points and moments of growth... You— That you wanted to see from these characters, the show literally skipped over whole cloth.

Rachel: I was so incredulous about it, I kept getting in my head like "Maybe they're doing this on purpose. Maybe there's a message in not showing us what we want to see." And then I was like spending a lot of time, and I was like "No, that's still not enjoyable television." [chuckles]

Griffin: No. *The Bear* gets the fuck in there, man.

Rachel: Yeah.

Griffin: Like it gets really, really... heavy in how it shows the change as it happens. And it shows the work that goes into it. And that's hard to watch, like there are— there are episodes that are difficult to watch. There's, in season one, a one, a one-shot episode, that is a single shot, 17 minutes long. It's quite short, compared to the rest of the season, that is a— a hard— a bumpy ride.

Rachel: Yeah.

Griffin: But like... Seeing that stuff makes the positivity and the comradery hit so much harder, because you know what went into it.

Rachel: Yeah.

Griffin: And that is— That is really something magical, that is a really tough tightrope to walk.

Rachel: Well—

Griffin: And the show walks it so well.

Rachel: And I think the similarity too to *Ted Lasso* is like it's a team. Like you really get a sense of the team as the show builds.

Griffin: [laughs in the distance]

Rachel: You know?

Griffin: Travis just texted me.

Rachel: [laughs]

Griffin: Just texted me, as you were talking, and literally he said "Holy shit, that one-shot ep followed by the season finale?!" So you get the Travis McElroy seal of approval. "Blew me away," he says. You get the Travis McElroy seal of approval on that. Season two—season one's great, right? Incredible. Incredible television. Season two is even better.

It takes a really unique approach, where nearly every episode is focused on a single character, and it does something in those like focused episodes that usually drives me up a wall, which is that you don't see the like main cast interact with each other a ton.

Certainly not as much as you did in season one, when they're all just kinda in the shit, in the battlegrounds together, episode after episode, just grinding it out. Season two, is— It goes on some pretty long diversions, right? Like one character goes to Copenhagen to train at like a super high-end restaurant for a while.

Rachel: And this requires a lot of buy-in, as a viewer. Like it really had to earn this in the first season, because... there are a lot of like practical things that go into the second season that kind of aren't explained.

Griffin: No.

Rachel: But you just kind of have to be like “Yeah, they have the budget to send this person here.”

Griffin: [chuckles] Right.

Rachel: And yeah sure, somebody can fundamentally change their outlook in a week. [chuckles]

Griffin: Right. It— All that stuff is tough, right? Like doing a whole character transformation in a single 35-minute episode.

Rachel: Yeah.

Griffin: I can— I don’t think any other television show [chuckles] can pull that off, right? Especially not in the kind of sequence *The Bear* season two does it, right? Like this episode is this character’s episode, this episode is this character’s episode, this episode’s this character’s episode. Then there’s going to be like a double-long... full flashback episode that is completely detached.

Rachel: Yeah.

Griffin: Chronologically from the rest of the episode. From the rest of the season, and then the next episode is focused on this character. Like that shit should not work, and yet it does.

Rachel: Yeeeah.

Griffin: And it strengthens each character individually, so that when they all come back together, at the end of the season, it is spellbinding television.

Rachel: It’s— And I think, to my— to my point I made earlier about the fact that they undergo these transformations in such a short amount of time, it kind of helps you realize how tenuous this is? Like they all have like really invested in optimism and this vision and improving themselves, but it is new for all of them and scary for all of them. And so when this like finale of the second season where it’s all being put to the test?

Griffin: Yeah.

Rachel: You realize like “Oooh, this is really tenuous.” [chuckles]

Griffin: It’s also not like totally clean right? Like even though it is uplifting, and you— you see these characters... who love each other working very, very hard to make this dream come true. And it is— there are definitely feel-good moments that come out of that, there is this constant message of sacrifice and, you know, this job demands a lot of you, and it does not shy away from that, especially in the season finale.

Rachel: Yeah.

Griffin: Which is just like fuckin’ amazing [chuckles] amazing stuff. And I think that that’s, you know, that is cool, again, compared to a *Ted Lasso*, that I think is, comparatively I think pretty saccharine... You know—

Rachel: Well—

Griffin: In the way that it handles happy— happy outcomes.

Rachel: Yeah. And it also just like whether or not it’s okay to want good things for yourself.

Griffin: That is— yeah.

Rachel: I feel like that is something that all of the characters face of like “Do I deserve this?”

Griffin: Yeah.

Rachel: “Have I earned this? Like this world of fine dining is that is so foreign to me that I’ve just been thrust into. Like can I hang?” Like how relatable.

Griffin: Yes.

Rachel: Like how relatable for anybody that is changing careers or starting something new. Like very like... sophisticated in like their— the way of handling it.

Griffin: Yeah.

Rachel: You know, not just like “Oh, I’m angry because it’s change,” and then like “Oh, but now I like it.” [chuckles]

Griffin: Yeah.

Rachel: Like there’s a lot more nuance. [chuckles]

Griffin: There’s way, way, way more to it than that. You mentioned the way that it portrays fine dining. The tone of the show is really, really refreshing because it is— It’s all about— Especially season two is all about fine-dining, right? But it doesn’t portray it as this stuffy, snobby thing.

Rachel: Yeah!

Griffin: But as like a... celebratory like high act of service.

Rachel: Yeah.

Griffin: And that is such an interesting way of— We’ve watched, you know, so many shows about cooking, we’ve watched so much *Top Chef*.

Rachel: Yeah.

Griffin: Which is about most of the time about sociopaths.

Rachel: [laughs]

Griffin: Sort of exploring the highest level of food as art, right?

Rachel: Yeah.

Griffin: This kind of takes it in a completely different direction. Particularly in episode seven of this season, called “Forks.” It’s my favorite episode of TV that I’ve seen in forever. Because it flips that on its ear and it’s about like we can make someone’s day, or we can give someone a really—

Rachel: Yeeeeeah.

Griffin: — you know, unforgettable, special moment. The writing is incredible, the cinematography is amazing, the performances are next level good.

Rachel: Yeah.

Griffin: The soundtrack, the— the food— It's all just so incredible. It's funny, it's very sad, it is... lovely. I can— I cannot say enough about *The Bear*. *The Bear* the television show is amazing. *The Bear* season two is one of the most spectacular things I've seen on TV, and I'm recommending it to everyone, 'cause I think everyone...

Rachel: Yeah.

Griffin: I think everyone would kinda enjoy it, if they can get o— if they can ride out the choppy waters of the stress.

Rachel: Yeah, I mean the first season, for me, was more stressful than the second. I mean the second is stressful, but the first season was more I need to watch something to come down.

Griffin: Yeah, sure.

Rachel: Whereas the second season, I don't know if it was 'cause I had familiarized myself with the tone.

Griffin: Yeah.

Rachel: And I was more prepared, but I didn't feel that as much in the second season.

Griffin: Yeah. Go watch it, if you can. It's... really, really good. Can I steal you away?

Rachel: Yes.

[Home Improvement transition plays]

[ad break]

Rachel: Uh... Alright. So my thing this week.

Griffin: Yes.

Rachel: Hydration.

Griffin: Yes.

Rachel: We have not talked about this.

Griffin: Okay.

Rachel: I did a search on "water." I did a search on "hydrate."

Griffin: Yeah.

Rachel: We have talked about water in other contexts. [chuckles]

Griffin: Sure, swimming. Splashing.

Rachel: But not putting it in...

Griffin: Your body to get—

Rachel: Your body.

Griffin: Wet. Yeah sure. Inside wet.

Rachel: [chuckles] This was something I was thinking about, both because you've gotten back on your giant jug... you know, train.

Griffin: It's not a giant jug.

Rachel: It's a pretty big jug, it's bigger than your head.

Griffin: Okay.

Rachel: [laughs]

Griffin: Do I have a giant head?

Rachel: [laughs]

Griffin: Yes.

Rachel: Yeah.

Griffin: Yeah, I do.

Rachel: Now, how many— how many ounces are in that?

Griffin: I don't even know. 32, maybe?

Rachel: Seems like more than that to me.

Griffin: 64...

Rachel: [laughs]

Griffin: It says 32 to 64. We'll call it 58.

Rachel: [laughs] So that got me thinking about it, and also I was talking about it with our friend Alex over the weekend about how when we were kids, people didn't carry water bottles with them.

Griffin: No.

Rachel: You know? And I really kinda wanted to get into that a little bit.

Griffin: Sure.

Rachel: So I was like why— Obviously we have known for a long time that people need water to live.

Griffin: Yeah.

Rachel: [laughs]

Griffin: But I feel like I— See, I feel like I did not see people using Contigo water bottles.

Rachel: Yeah, or like the Nalgene.

Griffin: That Nalgene shit.

Rachel: Like the big... yeah.

Griffin: Until I was like, man Jesus, like... 20— 2010?

Rachel: That's the thing, I don't remember people having water bottles when I was in college.

Griffin: Yeah, I don't remember that either.

Rachel: Which seems crazy.

Griffin: Seems wild to me.

Rachel: And I— So I found this article. [chuckles] Called "Why Millennials Have A Weird Relationship With Water."

Griffin: [chuckles] Okay.

Rachel: It's an article by VICE, it came out in 2021.

Griffin: I'm gonna guess it's Boomers's fault? They didn't do a good enough job with—

Rachel: I mean, it's a lot of things.

Griffin: Okay.

Rachel: [laughs] As tempting as it is.

Griffin: Boomers's drank all the water, so we didn't get any of it.

Rachel: But the— the author talks about how like the idea of taking their child anywhere without water is like—

Griffin: Unthinkable!

Rachel: Right? Like this is a big stress for us.

Griffin: Yes.

Rachel: Both like “Did we bring the water bottle?” and “Do we still have the water bottle in our p—”

Griffin: I lose water bottles like it’s my part-time job.

Rachel: So many times Griffin and I will go somewhere and I will look at his hands, and I’ll be like “Hey.”

Griffin: “Where’s the water bottle?”

Rachel: “Hey, where is it?” [laughs]

Griffin: “You were holding 45 seconds ago.”

Rachel: So, there’s a few things that... are related to this. I mean, I can talk about the benefits of water, and I will a little bit at the end, but what’s more—

Griffin: We all know what it is.

Rachel: [chuckles] What’s more—

Griffin: We’re made of it.

Rachel: — interesting to me—

Griffin: 100%.

Rachel: So, first of all, we kind of grew up in the age of like fruit punch.

Griffin: Oh yeah.

Rachel: You know? Like the Capri Sun, like the Hawaiian Punch, Hi-C, Sunny D, all of that. Very popular. [chuckles] This author mentions the 24-ounce Arizona Iced Tea.

Griffin: See, I never messed with that. All the other stuff I was vibing on.

Rachel: Yeah.

Griffin: And thinking also, while you were saying that list, “Fuck, all that stuff is better than water, though. Dang it, it tastes so much better to drink that stuff.”

Rachel: [chuckles] What I— What I always forget about is the food pyramid didn’t come out until 1995.

Griffin: Okay.

Rachel: So when we were coming up, everybody was freaking out about fat. Everything was like low-fat. But sugar was not as troubling to people. People like didn’t really— They knew that sugar was bad for your teeth, but the idea that consuming a lot of sugar and giving your children sugar was just bad for them nutritionally, like no-one was talking about that.

Griffin: Yeah.

Rachel: And I— And again, I’m not saying that sugar is bad. I’m saying that this focus on fruit drinks was not like concerning to our parents. It didn’t seem any better or worse than water.

Griffin: No. `Cause it tasted so good.

Rachel: [laughs]

Griffin: And it made us so happy to drink it.

Rachel: There was also a like shrinking number of water fountains. In the 1980s, the EPA had discovered high levels of lead contaminating the water in public fountains, so a lot of them were just like removed.

Griffin: Hmm.

Rachel: It just like wasn’t accessible. There was also the... the whole increase of milk. Apparently milk was ramped up during World War II, and so—

Griffin: A lot of cows were very patriotic.

Rachel: [laughs]

Griffin: They were like “Our boys need [chuckles] our help over there. Get squirtin’.”

Rachel: A little like cow making the muscles.

Griffin: Uh-huh.

Rachel: And the like “We can do it!”

Griffin: “We can moo it.”

Rachel: Oh, that’s good.

Griffin: Thanks, that’s what it said. The cow posters.

Rachel: The cow posters?

Griffin: What it said on the cow posters. Yah.

Rachel: So, milk started declining in the 80s, which is when they invested— American dairy farmers invested in the “Got milk?” campaign.

Griffin: Yes.

Rachel: So it was like— everybody was like “You should be drinking more milk.”

Griffin: Fucking unfathomable to me that there was a huge period of my life where I would go to the fridge.

Rachel: [laughs]

Griffin: With a big cup, fill that cup with... milk.

Rachel: Uh-huh.

Griffin: You know, the cooking ingredient? And then just drink that?!

Rachel: Yeah.

Griffin: In my body?!

Rachel: Pediatricians now are so chill on milk.

Griffin: Yeah.

Rachel: Like I feel like they realize now that as a very young child, it is important because you are building these bones and these teeth. But then the older your kids gets, they're like "Hmm, you can cut back." [chuckles]

Griffin: "They're fine." Maybe it's because they realized that poor little Griffin McElroy was curled up on the sofa.

Rachel: [laughs]

Griffin: Writhing in pain. Minutes later, like [pained] "Oh man, my bones are getting' so strong, it hurts."

Rachel: Right around... the whole time of like... Perrier, and then there's the obesity epidemic, people start talking about water more. [chuckles]

Griffin: Okay.

Rachel: And... Millennials became really big on this like organic, clean choice.

Griffin: Right.

Rachel: Of like "How do we— How do we live more consciously? How do we eat more responsibly?" and so people started realizing that there was money in water. [chuckles]

Griffin: Yes.

Rachel: And now— And now it's like a huge industry. I mean you and I like hardly ever drink anything that is just not water.

Griffin: That's right.

Rachel: It's sparkling water—

Griffin: Not bottle— Not like—

Rachel: No.

Griffin: We don't buy like Aquafina, but we— we do almost always have a reusable guy ready to rock and roll.

Rachel: So... How much water you drink is—

Griffin: [in an exaggerated Southern accent] "How much wahter yah drinkin'?"

Rachel: [laughs]

Griffin: [Southern] "How much werter yah drinkin'?"

Rachel: The way... that the Mayo Clinic article I'm looking at talks about the necessary amount of water consumption—

Griffin: Yeah.

Rachel: — is how much water you're losing throughout the day.

Griffin: Okay, that's interesting.

Rachel: So it's not more like you need this much to be a smart person, it's more like you need to replenish this much.

Griffin: That's great, 'cause we did also over correct. Where there are lots of people like "We need to drink 16... gallons of water every day, or you will die before you're 50 years old." And then everyone was like "Are you sure? It hurts to drink this much water."

Rachel: [chuckles] Yeah.

Griffin: And now I think we've chilled on it.

Rachel: Yeah.

Griffin: A little bit.

Rachel: A lot of people were like “I don’t really think there’s a benefit, past a certain point.” So the article I’m looking at, that came from the National Academies of Science, Engineering and Medicine, determined that between 2 and a half and 3 and a half liters a day.

Griffin: That could be any amount of fluid. [giggles] That could be any amount of fluid.

Rachel: Well, you think about a 1 liter of soda.

Griffin: Yes. Okay.

Rachel: So then you can kinda visualize what it looks like.

Griffin: Okay. Sure.

Rachel: It’s not an absurd amount.

Griffin: No, it’s not a lot.

Rachel: But yeah. Depending on your environment and your exercise, and whether you are, you know, pregnant or have other health conditions, obviously that varies. But the idea is that you should rarely feel thirsty. And then, you know, that pee. You know what that pee should look like, right?

Griffin: Oh I know what that pee should look like.

Rachel: It should look like [chuckles] what they describe as “straw-colored.” [chuckles]

Griffin: Straw-colored?

Rachel: Yeah. “In our agrarian nation, most of us can identify what straw looks like.” [chuckles]

Griffin: Straw, on sight. Yeah, for sure.

Rachel: When— So when you drink too much water, your... kidneys can’t get rid of the excess water, and so the sodium in your blood can start to become diluted. So there’s— there— It’s important to not like—

Griffin: You want a little bit of sodium, yeah.

Rachel: — go too far.

Griffin: Yeah, for sure. Then you gotta pretzel up, just to sorta balance your humors.

Rachel: [chuckles] God, I love pretzels so much.

Griffin: Yeah, I know you do.

Rachel: But the idea is that, you know, more water helps with your physical performance. Dehydration can cause a lot of issues, in like— in your mental strength and your reaction time. There's all this like studies that say like "if you just lose like 1% of water after exercise, it can impair your mood and concentration."

Griffin: Oh yeah. One of the most empowering things as an adult that I have learned is that 90% of my mental and physical problems can be addressed by drinking a glass of water.

Rachel: [laughs]

Griffin: And just doing a little bit of box breathing.

Rachel: Yeah. So true.

Griffin: Just like replenishing the wet and the air in my body, like it's some sort of... car that— that—

Rachel: [laughs]

Griffin: If one of my check engine lights comes on.

Rachel: Yeah.

Griffin: And I drink some water and do some breathing.

Rachel: That is my immediate response. So headache is one of the most common symptoms of dehydration.

Griffin: Yeah.

Rachel: And that is my immediate response any time Griffin's like "I have a headache," I'm like "Are you—"

Griffin: "Drink water." And then I drink it and I'm like "Oh, yip. Ther it goes."

Rachel: [chuckles] "That's what it was." Kidney stones, obviously. You can improve your— your situation with kidneys.

Griffin: It's true. I stopped drinking brown soda, pretty much.

Rachel: Yeah, right?

Griffin: 'Cause I had kidney stones that I had to have surgically removed while I was in college. It was the worst pain I think I've maybe ever felt.

Rachel: Yeah.

Griffin: And then I just stopped doing that, just drinking water, and they've never come back.

Rachel: A big concern that we— So now that we have a two-year-old, we are very concerned with constipation.

Griffin: Oh my god.

Rachel: Water is good for that.

Griffin: Yeah.

Rachel: He needs to be drinking constant water all the time. Can prevent hangovers. Alcohol apparently makes you lose more water than you take in.

Griffin: Yes.

Rachel: So you're supposed to drink more water. Reduce your—

Griffin: Big ups to my— to our friends Pete and Evan—

Rachel: Yeeeeeah.

Griffin: — who taught me the one glass of water per like alcoholic beverage.

Rachel: Yeah.

Griffin: That you drink.

Rachel: At least.

Griffin: And it really does wonders.

Rachel: Yeah.

Griffin: We're not doctors, by the way.

Rachel: We're not doctors.

Griffin: Nor are our friends, Pete and Evan.

Rachel: [laughs]

Griffin: And they are in the furthest thing in the world from the medical profession.

Rachel: No, they just— they had a habit of... creating events around day-drinking.

Griffin: Yeah.

Rachel: Which none of us could really do past about 4 o'clock in the afternoon, like the rest of our evening was over.

Griffin: Yeah.

Rachel: And they could continue, largely I think because of their commitment to water.

Griffin: Yeah. Sure. Yeah, I love hydration. It's great.

Rachel: Yeah. Summer months.

Griffin: Summer months. Keep it cool in this hot fun.

Rachel: Mm-hmm.

Griffin: Of the summertime. Thanks for listening. Thanks to Bo en and Augustus for the use of our theme song "Money Won't Pay." You can find a link to that in the episode description. Thank you to Maximum Fun for having us on the network. We have a bunch of merch over at mcelroymerch.com that you can check out, including the Poetry Corner candle, which I think we have one on the way here, which I can't wait for.

Rachel: Oh good!

Griffin: 'Cause it— the smell profile on this one, folks, it's gonna rock your world.

Rachel: I did get consulted on the creation of this candle.

Griffin: Yeah.

Rachel: Which I really appreciated.

Griffin: Yeah.

Rachel: As— As the creator and... like groundskeeper of the Poetry Corner. [chuckles]

Griffin: Of the Poetry Corner? Is there grounds? It's a corner.

Rachel: But there's a lot of poetry in there.

Griffin: Yeah.

Rachel: And that can, you now, get overgrown.

Griffin: That's it for this episode. We're gonna go now 'cause I have to go pick up our son from summer camp, where hopefully he's drinking lots of water and making lots of fun memories and playing four square.

Rachel: [laughs]

Griffin: And the crafts ashtrays.

[theme music fades in]

Rachel: I'm waiting for those friendship bracelets.

Griffin: Can I— Yeah. I don't think they do those anymore, 'cause of the chok— it's a choking hazard. Thanks Obama.

[theme music plays, then fades out]

[ukulele chord]

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