

MBMBaM 683: Cool Ranch for Drama, Nacho Cheese for Comedy

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Intro (Bob Ball): The McElroy brothers are not experts, and their advice should never be followed. Travis insists he's a sexpert, but if there's a degree on his wall, I haven't seen it. Also, this show isn't for kids. Which I mention only so the babies out there will know how cool they are for listening. What's up, you cool baby?

[theme song, "My Life Is Better With You," by Montaigne, plays]

Justin: Hello, everybody! And welcome to My Brother, My Brother and Me, an advice show for the modren era! I'm your oldest brother, Justin McElroy.

Travis: I'm your middlest brother, Travis McElroy! What's up, Trav Nation! Woof-woof!

Griffin: I'm your sweet baby brother, Griffin McElroy.

Travis: Right off the bat, I do need to apologize to Trav Nation. Those NFTs...

Justin: Ooh, hold on one second, just got to tamp down the huge rush of panic that you just sent through my whole body with that beginning. Okay, go ahead.

Travis: The NFTs, while very popular and profitable, didn't turn out the way I'd hoped. They weren't just the same picture of my face over and over again, mailed physically to everyone. The guy I partnered with, Slick Steve, said that—

Griffin: Slick Steve is an issue. Now, I had a problem—

Justin: [chuckles] Right now, everyone is checking the date of this podcast to be like, "There's... like, this can't be from October 2023, these guys are talking about NFTs?"

Travis: Slick Steve told me that NFTs have never been hotter.

Griffin: Right. But he did explain—he did—when he explained it to you, he did make sure you knew they were called Non-Fungible Trivises.

Travis: Yes, correct.

Griffin: And you'd liked that.

Travis: Yeah. Well, I was talking to him at Kinkos and I was like, "Yeah, just send out the NFTs from here."

Griffin: That's where they make the NFTs, is at Kinkos.

Travis: Yeah, at Kinkos. So he said, "Yeah, I'll mail them everybody." And I said, "Like email?" And he said, "Sure, whatever."

Griffin: [chuckles]

Travis: And I gave him like 100 bucks and he said he'd do it. And he apparently sent out like a million of them, but it was like 100 to each person. I'm not sure how NFTs work, but I do apologize for that.

Griffin: This was like when I joined Gross Nation, which was Terry Gross' Nation.

Justin: [chuckles]

Griffin: And I bought a lot of what Terry Gross called PP vitamins.

Travis: Uh-huh?

Justin: [chuckles]

Griffin: That Terry Gross said was gonna work super good for everyone who enjoyed them. But it was—

Travis: Did they?

Justin: [chuckles]

Griffin: I'm 20,000 and the hole thanks to Terry Gross' PP medicine scandal.

Justin: [laughs]

Travis: Wait, were you supposed to buy Terry Gross' PP medicine and sell it to other people?

Griffin: This is, I think—

Justin: That's where it fell apart for Griffin. He just got—he got to the bottom of the pyramid and he was like, "I love it here. This is actually perfect for me."

Travis: Yeah, "I actually feel very stable and supportive here at the bottom of the pyramid."

Griffin: Right now, Travis, you sound a lot like the DEA agent that is investigating Terry Gross for this whole ring. And so, maybe examine yourself. Maybe show—

Travis: Was it a ring or a triangle?

Griffin: It was a... Terry called it a sexagon?

Travis: Oh, in a cool, winky way? Terry Gross was like, "Yeah, join my sexagon."

Griffin: I think the first time—this was over—this was in Slack. So, it could have been a good-natured typo that then Terry Gross felt like Terry Gross needed to stick with. That name is so good to say.

Justin: Sometimes I just gets so excited about having this podcast with you guys. And that was really one of these times. Since I hit the record button, I was like, "Oh, boy." And that's wild, because we did three shows last week.

Travis: Three whole shows.

Justin: Thank you again to everybody who came out to New York Comic Con, we appreciate you.

Travis: And Philadelphia.

Justin: Philadelphia, y'all are wild.

Griffin: Philadelphia scared me bad with the energy.

Justin: When you all hear the Philadelphia show—did they? Was that... did we run that this week?

Griffin: I don't think so. I don't believe so.

Travis: That would've been impossible!

Justin: Man, that's the maddest an audience has ever been at us. And it's just because I talked about Dolph Lundgren making up a chicken Philly sandwich. And they were booing, you'll hear some things in that show. That was a wild one.

Griffin: Fun energy, though.

Travis: Fun energy.

Justin: Fun energy!

Griffin: It was like riding a bronco.

Justin: I felt like a heel, you know what I mean?

Griffin: Yeah, sure.

Justin: I felt like one of the bad wrestlers.

Griffin: Fuckin' Gold Dust, yeah.

Justin: This is an advice show.

Travis: Yeah!

Justin: And I want to get into it. That's enough preamble.

Travis: How many questions do you think we can do this week?

Justin: Let's see, Trav. "I have a four year old son I have recently shown the song Ghostbusters to. There is a line in the song about how bustin' makes me feel good."

Griffin: Very good.

Justin: "That he sings at the top of his lungs. I don't want to crush his Halloween spirit and stop playing the song for him, but I don't want my four year old talking about busting. How should I handle this?" This is from Grossbuster Greg in Tampa. Okay...

Travis: Why not?

Griffin: Do you love ghosts? I don't understand why this would... Do you love ghosts and you hate the idea of them getting busted? Is that—

Travis: This fuckin' go woke, go broke dad, like...

Griffin: [laughs]

Justin: [chuckles]

Travis: We're to say—we're allowed! If we can't feign ghosts, where are we at, man?!

Griffin: That's too loud, Trav. That's so loud.

Justin: It's really loud. You gotta fix it.

Travis: You know how I get. I get passionate about this.

Griffin: I know. I know. But that was like clipping—a new character called Clipping Guy Who Loves Ghostbusters. Which I think we all got around the

time that the book Ghostbusters remake came out, was that character from different people.

Justin: The song Ghostbusters, by Ray Parker Jr.

Travis: Uh-huh.

Justin: This is a question that I don't... I've never thought about until now. Do you think that Ray Parker Jr., when he submitted, he slid across the desk an audio cassette, "This is my this is my demo." And they hit play. Do you think when they got to, "Bustin' makes me feel good," do you think Ray Parker looked at the executives like, "Heh? Get it?" [laughs] Or—

Travis: And the executives said, "This will go great with the scene where Dan Aykroyd gets a blowjob from a ghost. Perfect."

Justin: Do you think it's that or do you think he was like, "I don't know, I guess busting, like ghost busting, it makes them feel good to bust ghosts?" Do you think there was any—

Travis: Yeah, "Can you guys give me like 10 minutes to do it?"

Justin: Do you think there was any innuendo planned or intended by Mr. Parker Jr.?

Travis: Hm, planned? No.

Justin: Planned. I'm not saying like people could read this as sexual. Do you think anyone was like, "Guys, this reads wildly sexual." And this is in a movie where a man gets a blow job from a ghost.

Griffin: Did you know—

Travis: I don't know wildly sexual. I think he obfuscated the innuendo by using almost entirely the music from Huey Lewis' I Want A New Drug. So, I think he was—they were like, "Yeah, I got a lot of questions." And he was like, "Is it about the bustin' line?" They said, "No, no, that actually is not the biggest thing I want to discuss here, Ray Parker Jr. I would like to discuss how you just fully lifted the entire music track from—"

Griffin: They... there's a Mandela affecting, actually.

Justin: Oh, okay?

Griffin: Because at no point in the song does Ray Parker Jr. actually say, "Bustin' makes me feel good." It's just a thing that everybody thinks that he says in it.

Justin: [laughs] Is that what it is?

Griffin: It's a Mandela. This is a classic Mandela, like the Berenstein Bears.

Justin: You know, I'm—

Griffin: He actually says, "Justin makes me feel good."

Travis: Yeah.

Justin: [chuckles] I'm now realize that there is a shot in the video where Ray Parker Jr., there's a woman sleeping in a bed, in lingerie. The sheet is pulled from her by an invisible man. And then Ray Parker Jr., like an auto mechanic underneath a Ferrari just slides out of nowhere to drop his, "Bustin' makes me feel good." I think maybe Ray knew exactly what he was doing. That's where I'm getting to.

Travis: One might argue, Justin, that in the late '80s, early '90s, whenever this was exactly, they didn't care. [chuckles] Everybody was just so like, "Yeah, listen, the world is great, we're all very rich, cocaine flows like wine. Nothing's ever gonna be bad again."
"Yeah, man, invisible man sleeping in your bed, I guess that's the job for the Ghostbusters." That line has always confused me.

Griffin: If not them, who?

Travis: But the invisible man, not a ghost.

Griffin: Do you guys think that the Ghostbusters are listed on like contract or finding sites, like Angie's List?

Travis: Angie's List, yeah.

Griffin: Yeah. Are there competitors?

Travis: Yeah, the Ghost Crankers. [chuckles]

Griffin: [chuckles]

Griffin: Ghost Cummers is another one.

Travis: [chuckles]

Justin: [guffaws]

Travis: "Call us, Ghostgasm!"

Griffin: "Ghostgasm! [sings] Cumming makes me feel great!"

Justin: [chuckles] I love it.

Travis: [sings] "I enjoy orgasming to ghost!"

Justin: Do you guys ever think—

Travis: DuckTales, woo-oooh. [chuckles]

Justin: Do you guys ever think the celebrity cameos in the Ghostbusters video and get delighted all over again?

Griffin: No.

Justin: The video, if you haven't watched it, has this section where celebrities just pop up on a screen and say the word Ghostbusters with varying levels of enthusiasm.

Griffin: Oh, awesome.

Justin: This list of people includes George Wendt, Al Franken, Danny DeVito, Carly Simon, Peter Falk. [laughs]

Griffin: Peter Falk's in there?

Justin: And Teri Garr! Think about poor Peter Falk just, [spoofing Peter Falk] "I don't like Ghostbuster... [chuckles]

Griffin: [chuckles]

Travis: [spoofing Peter Falk] "Ah, one more Ghostbuster."

Justin: [spoofing Peter Falk] "Ah, Ghostbusting?" The movie wasn't out, so everyone was like, "Hey, Peter Falk, look into the fucking camera and say the word Ghostbusters." [chuckles] And he's like, [spoofing Peter Falk] "What is this? What could this be for? Why do I have to say Ghostbusters?" "You say a lot of words into a camera, Peter. You say whatever we tell you. And right now, we're telling you Ghostbusters."

Travis: [spoofing Peter Falk] "You got it, yeah. Let me get a second take of that. Ghostbusters!"

"Nailed it! Yeah, you got it."

Griffin: [chuckles]

Justin: He was actually, hauntingly, it was John Candy's last Ghostbusters video.

Griffin: Oh... And was it his first also?

Justin: It was his first and last Ghostbusters music video.

Travis: Hey, you don't have to worry about this, Question Asker, because either the—any teacher or whatever that this child says is around will immediately get [the rest friends??].

Justin: Yeah.

Griffin: Yeah.

Travis: And like, it's such a—

Justin: Inhumane, right?

Travis: Yeah, like, and if they don't, that's actually on them. At this point, 'busting makes me feel good' I think has transcended knowing that like—ever seeing the movie.

Griffin: Yeah.

Travis: You're fine. You're fine. Also, when four year olds say shit like that, it's awesome and great.

Griffin: That's the other thing, is even if they don't get the reference, it's always funny when a kid says something that they shouldn't say. Almost without exception, it kicks ass. It's one of the great pleasures of my life, is how Justin's children—

Justin: Few.

Griffin: It's one of the few pleasures in my life, is how Justin's children always say things to him that probably a child shouldn't say to an adult.

Travis: Yeah.

Justin: Yeah, we don't do any of that... the filtering of language. We're pretty open in our household.

Griffin: Yes.

Justin: Well, I figure daddy makes his living from working blue, the kids—if I had started working blue a lot younger, and we thought about this, our parents deprived us of some of our best cursing years. Think about how good we would be at cursing now if we were allowed to start when we were four or five.

Travis: And we're already pretty good at it! Oh my god, we—

Justin: We're pretty good at it. We try to make up for it with some on the job training. [chuckles]

Travis: Not me, I'm a good boy who—I don't curse a lot. Not like Griffin.

Justin: Okay, yeah, proportionately, perhaps you're right.

Travis: We're talked about this.

Griffin: We have, we have the numbers.

Justin: Just let it fly.

Griffin: What?

Justin: Just let the kid fly.

Griffin: Oh, I thought you were talking about the ghosts again, and I thought you were a ghost apologist.

Justin: No, don't let them fly.

Griffin: Yeah.

Travis: Oh, I thought you were telling me to just curse away. "Curse away, Travis."

Griffin: Okay. Hey, can we go the Wizard? Because it's a good one, I think.

Travis: Oh, okay?

Justin: Okay.

Griffin: Shivon sent it in, thank you.

Travis: You know when you do that, you're retroactively saying like some of them are real shit, right?

Griffin: No, no, I mean some of them just... you know, I don't feel the same way about every single thing, Travis. I'm not a cyber-man or anything like that.

Travis: Not yet. Give it time. If the studio's get what they want, we'll all be cyber men! Am I right?

Justin: Yes, thank you.

Travis: I'm not 100% sure what the strike is about.

Griffin: That's what they want, they want to switch out our organs with cyber organs.

Travis: Oh, no.

Griffin: This is the Terry Gross PP medicine all over again. I mean, PP vitamins. Sorry, did I say medicine?

Travis: You can't call it medicine!

Griffin: Terry is going to be so fuckin' PO'ed guys, at me for saying that.

Travis: PPO'ed.

Griffin: Hey.

Justin: Hey.

Griffin: How to enjoy Ferrero Rocher.

Justin: Ooh!

Travis: Ooh.

Justin: I have some strong thoughts about this!

Griffin: I bet you do. "This delicious, layered chocolate has led the best of us to wonder how best we can enjoy its goodness. It must be stated that eating this particular chocolate is equally a science and an art. So—"

Travis: Whoa, it's a science?

Griffin: And an art. "So, if you want to become a master, you've come to the right place."

Travis: Can we just right now take a second. When we were growing up, like to me, there were these things that I was taught via television that like, oh, this is—that's the peak. That's what—

Griffin: I wasn't good enough.

Travis: Billionaires eat these on their private jets, right?

Griffin: Yes.

Travis: Like that was just—

Justin: [chuckles] The height of elegance.

Travis: It was that and serving cat food to cats on like crystal dishes. Where I was like, "And one day, I'll be able to eat a Ferrero Rocher while I give my cat their little whatever, Caesars, on a crystal dish. And I'll know I've made it."

Griffin: Right. It was those in those and those wild ice cream cakes that I can't remember the name. They had little ice cream cakes that were drizzled—

Justin: Viennetta.

Griffin: Viennetta!

Travis: Viennetta, yes.

Griffin: I always saw that and Grey Poupon and I was just like, "Well, that's just—I'll never have that."

Travis: Yeah, that's a layer of wealth—

Griffin: Not great—

Justin: And Fancy Feast.

Griffin: Yeah.

Justin: When they serve it in the crystal dish?

Travis: I love the crystal dish!

Griffin: So good.

Travis: I often thought I wish I ate that well. I don't know what's in the food, but I don't get crystal dishes and I'm a boy.

Griffin: When I had my first Ferrero Rocher in my 26th year, oh, what a delight that was.

Travis: At the ceremony. [chuckles]

Griffin: At the ceremony. [chuckles] The Rocherinning. Hey, step one, I mean this for—

Justin: Step one!

Griffin: Step one—

Travis: Keep your grades up!

Griffin: Step one, keep your grades up there. [chuckles]

Justin: You gotta take the bottom wrapper off.

Griffin: Step 1.5, open the wrapping... very carefully. "Pull off the brown part gently while unwrapping the gold layer without tearing it. Unlike other wrappings, this one is not only too good to be destroyed, but I can amuse you in your idle hours if you are into origami and paper folding."

Travis: I don't want to brag, but I have some Ferrero Rocher in the house right now.

Griffin: Do you—I would... I would kill for a Rocher right now.

Travis: Well, Teresa and I, it was recently on our 10 year anniversary. And the place that we went, we went to like do like a couple's spa day. And they were like, "And here you go." And like sitting on the table in the waiting room was some Ferrero Rocher. And they were like, "And that's for you. That's for you to take." And it was like a box of like 50 of them.

Griffin: Holy shit.

Travis: And we're like, "Okay." But that wasn't our last stop of the day. So, then we did spend the rest of the day just like—like a secret agent with like an important briefcase like handcuffed to their wrist, just walking around with a box of Ferrero Rocher like, "Yeah, these are ours."

Griffin: I'm surprised you haven't torn those bad boys down yet.

Travis: Oh, we're about halfway through.

Griffin: Oh, okay.

Justin: Put 'em in the ground.

Griffin: Put 'em in the ground. "Absorb the visual beauty of the perfectly spherical, divine nut-sprinkled surface." [chuckles]

Travis: They're not perfectly spherical. They're nut-sprinkled. How can you say it...

Griffin: No. Travis, if you blew up the Ferrero Rocher, to Earth scale, it would be smoother than the smoothest pool ball ever constructed.

Travis: Okay, well you make an excellent point, Griffin. I simply can't argue with it.

Griffin: I saw Neil deGrasse Tyson say that on TikTok one time. And he knows Ferrero Rocher, so—

Travis: Yeah he does, he's always eaten 'em on camera, which is weird.

Griffin: Yeah.

Justin: He's like, every time Neil deGrasse Tyson does it, he's like, "To make my point, I'd love... the best visual thing I could do is related to Ferrero Rocher. And I might make a few mistakes, so bring me some extra. And I will use that to demonstrate about meteors or fuckin' you know..."

Travis: "Whatever, dinosaurs, who the fuck cares."

Justin: [chuckles] "Whatever! Bring 80. I guess what I'm saying is bring 80."

Griffin: [chuckles] "The inertia of this Ferrero Rocher as it travels to my mouth—"

"That's not what inertia is."

"Uh-huh. When it goes this fast, this is where it becomes—"

Travis: "Ferrero Rocher equals munch plus flavor, equal—"

Griffin: [chuckles]

Travis: "What? Don't worry about it!"

Justin: [chuckles]

Travis: "Do you know who the fuck I am?!"

Justin: "Neil, we've cut. Neil, we've cut." [chuckles]

Griffin: "Oh, okay, we've cut. [spoofs munching sound] Om-whoops! Om-nom. I tripped on to the Ferrero Rocher again."

Travis: Ah, no...

Justin: [laughs]

Griffin: Sorry, I just got so, so delighted by that mental image. "Inhale and soak in the aroma of the hazelnut that chocolate that gently tickles your nose." [chuckles]

Travis: Now... okay...

Griffin: It doesn't say inhale through the nose, so... And I need my instructions on wikiHow to be pretty explicit.

Travis: It might be like both at the same time, right. You're trying—let's see if you can get it. [aggressive slurp sound]

Griffin: [aggressive inhale]

Travis: [chuckles] I hated that.

Griffin: I just gave myself a terrible headache. Yeah, me too!

Travis: Yeah, I hated doing it. I'm also, as you're doing this, Griffin, I'm just picturing somebody sitting anywhere in public and I'm watching them do this, step by step.

Griffin: I'm doing nothing. I'm ignoring my family. I have thrown my phone in the garbage can. I am only watching this person delight at their every sense.

Travis: This is the filming of the plastic bag in American Beauty, of like, well, this is—

Griffin: It's exactly that.

Travis: This is it now.

Griffin: Oh, shit. Oh, god, guys! Oh, fuck! Step five, exhale. I'm so sorry we didn't tell you guys that faster.

Justin: Oh!

Travis: Oh, god!

Justin: You can't sit on it that long, Griff!

Travis: Tragedy struck today. [chuckles] Tens of listeners to the popular—well, formerly popular podcast, My Brother, My Brother and Me, have passed out while driving.

Griffin: Finally, it's time to move into the eating part of the experience. This steps varies—

Travis: Ah, it's been two days.

Griffin: "This step varies from individual to individual, but there are two broad approaches under which most individual techniques fall. One, if you are patient by nature and prefer to save for something good slowly, then you will probably want to take the layer-by-layer approach. If you are a person who likes to take in something wonderful all at once then you might take the pop it in approach.

Travis: Layer by layer?

Griffin: Yeah. Oh, this is—

Travis: It's like the size of a quarter, what are you talking about?

Griffin: No, no, no.

Justin: Like, you bite the wafer layer.

Griffin: No, Justin... you're about to say something really—

Travis: You remove the entire outer layer?

Griffin: You're about to say some really foolish shit. So, why don't you let the professionals at wikiHow tell you how to eat it layer by layer.

Justin: Okay.

Griffin: "One, start by carefully nibbling or licking the topmost layer of chocolate mixed with nuts."

Travis: Oh, god. Oh, god.

Griffin: There are photos with all these that I won't show you guys.

Travis: Because it's pornographic?

Griffin: That I never actually when I eat a Ferrero Rocher again. "Continue by savoring the next layers consisting of wafer and pure chocolate."

Justin: Mm! Now, if you saw savver those waffers too long, then... Thank you, by the way, Monty Python and The Meaning of Life for fucking up the way we say wafer for our entire life.

Griffin: For our whole life. Thank you guys.

Travis: Yeah, thank you so much.

Griffin: Huge for us.

Justin: So huge. If you leave it in there too long, it'll get gummy.

Griffin: Yes, that's true. You miss out on the delicate crunch of it.

Travis: Do you like ruining your Ferrero Rocher, liar by liar? We've got you.
[chuckles]

Justin: [chuckles]

Travis: You've got to savver the waffer, liar by liar.

Griffin: If you savver the waffer liar! It's not a jaw-breaker. This thing's going to become bad in the mouth, I think. Which is a crime to do to a Ferrero Rocher. I'm so sorry, step three. "Put the nut right into your mouth, fully, and crunch it down." Not partially. Fully into the mouth. Crunch it down. With which—

Travis: Does it say crunch it down?

Griffin: With which teeth? We'll circle back to that. We'll come back to that.

Justin: Oh, it's for next time. [chuckles]

Griffin: The pop it in approach. Do you need... Hey, do you need help, how to put a candy into your mouth? It's called the pop it in approach. You know there's probably just the step.

Travis: But which hole? [chuckles]

Griffin: Which hole? Pop it in where?

Travis: I put it in my ear, I can't taste it!

Justin: Griffin, you're driving me crazy with this fucking gatekeeping.

Griffin: Start by—

Justin: This is—just because you eat candy all the time like some sort of dirty little raccoon, doesn't mean that other people are so good at eating—what if it was like—if everyone was like, "First off, take the carburetor out." You would be—there are car guys who are like, "Pff!"

Griffin: They would get that, yeah.

Justin: You know what I mean?

Travis: And listen, maybe there are some people, maybe they're on this podcast, who have never eaten like a complicated-looking candy like say a Toblerone, right.

Griffin: Oh, yeah.

Travis: And they do it.

Griffin: You try to—aah! Get it all in sideways.

Travis: Because you end up having to go to the emergency room or something. You don't know what you're doing. Right, how much do I or they—how much do they unwrap at a time? Like how many chunks is normal?

Justin: Yeah, I'll actually say it, Trav. There's no pleasing bite of a Toblerone. There's no pleasant amount of wedges you put in your mouth and you're like, "Oh, good!"

Griffin: Bad shape, it's a triangle.

Justin: It's a bad shape. They fall off the shelves all the time because of the stupid shape. [chuckles]

Griffin: It feels like putting like a tortilla, like a Dorito and your mouth, point-up.

Justin: Up, yes.

Griffin: [chuckles] And then closing your mouth on it. No good, Toblerone.

Justin: So unpleasant.

Griffin: Try again.

Justin: Just get a Symphony bar—

Griffin: Check this out, Toblerone... that's a circle.

Justin: That's a circle.

Griffin: That's a circle.

Justin: Make a round candy bar, like a Babe Ruth.

Griffin: Make a round candy. Where the candy goes, circular.

Travis: No, I don't mind! I don't mind a challenge. A toffee, give me a Heath, give me a Skor, I'll work at it.

Griffin: Absolutely.

Travis: I'll work at it.

Griffin: Because I can make my mouth also like...

Travis: Yeah.

Griffin: Candy bar shaped. Perfect.

Travis: And I find it in my teeth later and it's—

Justin: God, you're turning yourself into a real giffjar today, Griff.

Griffin: [laughs]

Justin: You're gonna be living with these. If Tom decides to get this into the cloud, you're going to be ruined.

Griffin: I'm a Heath bar vending machine right now.

Justin: [laughs]

Travis: And receptacle!

Griffin: Just put the Heath bars right in there, I'm making my mouth look like it. It's like the child—

Travis: Leave a Heath bar, take a Heath Bar.

Griffin: It's like a child puzzle where you hammer the shapes into the things. That's a Heath.

Justin: Griffin went reverse viral on TikTok. Videos and images of him are being deleted from the internet and an incredible speed. [chuckles]

Griffin: [chuckles] "Start by popping the entire Ferrero Rocher candy in your mouth."

Justin: I already ate the fuck—what do you mean?!

Griffin: It's gone.

Justin: I already ate the nut in one bite!

Travis: No, no, no, that's if you take the liar by liar approach, Justin.

Griffin: Yeah.

Justin: [chuckles]

Travis: This is if you poop it in. [chuckles]

Griffin: This is poop it on. "Sink your teeth in so that the outermost layer and the wafer layer crack, spilling the liquid chocolate into your mouth." One, that's not... not a gusher!

Justin: This person hasn't eaten one! [chuckles]

Travis: No.

Justin: This is how they plan to eat their first—[chuckles] this is their first one.

Travis: This is their fan fiction for Ferrero Rocher. [chuckles]

Griffin: Yeah!

Justin: "Scrape the metal filings out of the center to protect the—"

Griffin: [chuckles]

Travis: Now, avoid the elf that lives in the middle, that punishes attackers.

Justin: [chuckles]

Griffin: It will be spicy, and that'll scare you. That's okay. When the hot soup comes into your mouth from the inside, it's so good. So—oh, god. Okay, so, you've cracked—just to check in, you guys have cracked open the waffer liar?

Travis: Yeah.

Griffin: And spilled the liquid chocolate into your mouth?

Travis: Yeah.

Justin: Yeah.

Griffin: Good, good, good. Next step that I want you to do, and this is the most important part, is to roll the nut over in this tasty mixture until all the chocolate dissolves and all the nuts are finely ground by your teeth.
[chuckles]

Justin: [chortles]

Travis: We're gonna have to put an NC-17 rating on this episode.

Griffin: [chuckles] That's... what this person has just described is chewing... and that makes—food I love—it is so exciting to eat a Ferrero Rocher. You just made chewing kind of horrifying in a very like body horror esque way. Like yeah, I know that's what's going on in there. But I don't have to see it because I chew in my mouth closed, like a gentleman.

Travis: I don't like it anymore. Chewing.

Griffin: Swallow—

Justin: I'm getting less—this is actually like helping me to want one less.

Griffin: Oh my god, I never—guys, you're not even seeing the pictures. I never want to eat one of these fucking guys again.

Justin: [chuckles]

Travis: At the beginning I was so excited that I had them in the house, and now I'm wondering like can I throw it away without anyone noticing.

Justin: Yeah, can I get 'em out of the house?

Griffin: I want to make things clear. There are four steps left in this article and each one is not being up made by me, Griffin McElroy. I'm not this good. "Step four, swallow. Be careful to swallow everything except the nut."

Travis: What?

Griffin: "Step five, savor the rough surface of the nut before letting your molars sink in, crushing it into tiny bits which form the sweetest aftertaste, and then swallow."

Travis: So, the molars?

Griffin: The molars are the answer. You okay, Juice?

Travis: I think Justin's calling the police.

Griffin: Molars was the answer. Molars are the strong, nut-crunching teeth that guy gave us to crunch the middle of a Ferrero Rocher.

Travis: Okay, so it's... what are the front ones? Whatever, front teeth to gnaw—

Griffin: Frons are useless to me. I haven't used my front teeth in—

Travis: No, you gotta gnaw away! You gotta gnaw away the outer nut chocolate layer with your front teeth. Then use your incisors, your fangs, to release the chocolate from around the nut.

Griffin: That's what you use to pierce the shell, in order to release the chocolate soup.

Justin: And then you use the tube in those to suck the chocolate through—

Griffin: Uh-huh! [chuckles]

Travis: Yeah, exactly. And then the molars to crush the nut.

Griffin: Right.

Travis: And then the tongue dance it all around.

Griffin: Well, you skipped the part where you playfully roll the nut around in the chocolate nut mess that you made in your mouth by chewing.

Justin: Mm-hm, yeah, yeah.

Travis: Do they include which moans and other noises you should make while you do that? Or is that just dealer's choice?

Griffin: Oh, Trav, there are two more steps. "Step six, keep your mouth closed and lick your teeth to remember—"

Justin: Keep your rades up, keep your mouth closed. [chuckles]

Griffin: [chuckles] Keep your mouth closed, keep your grades up.

Travis: See something? Keep your mouth fuckin' shut. Ferrero Rocher. [chuckles]

Griffin: Keep your mouth closed. "Lick your teeth to remember the exquisite piece of enjoyment just experience." What did I just do?

Justin: [laughs]

Griffin: What did I just do? Why does my mouth feel like this?

Travis: Oh, yeah!

Griffin: I must remember... Oh, yes. I found a nut piece. What a delightful treasure I have left for myself.

Justin: [chuckles] Excuse me, everyone, I need complete silence! I'm revisiting the memory of eating a Ferrero Rocher.

Travis: Two seconds ago.

Griffin: I have discovered one of the tiny nut bits that I crushed into my molars, after savoring the rough surface of the nut.

Travis: Oh, how it takes me back.

Justin: "Hey, did you brush your teeth tonight, babe?"
"I did not. I feel there are still a few glorious scraps somewhere in there and I can't."

Griffin: Sweet, precious memories, all!

Justin: [chuckles] I can't wash this away.

Travis: "Baby, that was three days ago! I'll buy your more Ferrero Rochers."

"No, you don't understand."

Griffin: No.

Justin: "I would, was it that simple. I found the process of eating the first one so exhausting, that I dare not—I dare not attempt it again."

Griffin: "It took me 45 minutes to enjoy one of these little nut mysteries."

Justin: "With one hand on the mouse and one hand on the candy the whole time, it was quite a feat. But I did manage."

Travis: "In retrospect I should have read through the whole article before beginning instead of doing it cold, but alas, here we are. And I'm sorry I missed the birth of our child."

Griffin: There is one step left. What do you guys think it is?

Travis: Moan.

Griffin: Justin?

Justin: Get another one. Back to start. And repeat.

Griffin: No. Guys...

Justin: Throw your trash away?

Griffin: Meditate.

Justin: Nah-uh.

Griffin: "No matter what means you take to the end, this last step is common to all. This is the meditation step. The layer-by-layer—"

Justin: [chortles]

Griffin: "The layer-by-layer followers already sample this in their stages, but a more wholesome pause is needed to recollect and remember the wonderful experience."

Justin: The fact that you are not making this up is baffling to me, Griffin. I am really—I'm having a hard time with this one.

Griffin: People are trying to be present and connect with themselves and this sweet chocolate right now. So, this last step is vital. "Because thinking of how good the chocolate was leads to a repetition of all the above steps,

thereby doubling your already heightened pleasure." Thank you so much. Namaste, wikiHow. Thank you so much.

Justin: Namaste.

Griffin: That's very...

Travis: I hate this.

Griffin: We could all learn something from that, is that you don't need to eat 25 Ferrero Rochers. You can just eat one and remember it over and over again. Each time, going into your mind palace. My mind palace is just one big Ferrero Rocher I ate once back in 2014.

Travis: Like a James and the Giant Peach kind of thing and you're living in there?

Griffin: I can make it be whatever size I want. I can make it—look, watch, Trav. It's real small but there's 1000 of them. I did that in my mind, in my Ferrero Rocher mind palace.

Travis: Oh, wow.

Justin: You guys ever tried the other ones, the pretenders to the throne?

Griffin: No. Is there like a Lego brick inside?

Justin: There's the white chocolate one.

Travis: Gross.

Justin: What are those called? You know, the other ones.

Travis: Faux-rrero Rocher.

Griffin: That's pretty good, Trav.

Justin: No, no, no, like the good one. Oh, they got the—like they're white... They're so good. What are they called? [chuckles]

Griffin: Tastations?

Justin: No! What are they called, guys? They're the white ones.

Travis: Oh, they're called the Money Zone!

Justin: Raffaello! Raffaello.

Travis: No, they're called the Money Zone. No, the Money Zone.

Griffin: The Money Zone is what they're called.

Travis: They're called the Money Zone!

Justin: Money Zone, presented by Raffaello!

[theme music plays]

Justin: If you've got something in your heart, a dream, a wish, a plan, a scheme, any of it. Whatever you wanna do—

Travis: A murmur?

Justin: No.

Griffin: A murmur, a little machine that makes it go faster or slow depending on how fast you need to run?

Travis: Yeah. Yeah. Yeah.

Justin: Extra vowels for safety's sake? No one knows. But whatever you got in there—

Travis: Dennis Quid?

Justin: Just let me...

Travis: Okay.

Justin: You know?

Griffin: Turbo veins. Turbo veins.

Travis: Turbo vein, another smaller heart.

Griffin: Yeah! [chuckles]

Justin: Whatever the liquid that Bane used to get strong.

Travis: Oh, yeah! A little venom?

Justin: Hey, listen—

Travis: Maybe gorilla parts?

Justin: An adrenaline shot from John Travolta, whatever it is, whatever it is!

Travis: There are all kinds of things in there! It's a marvel.

Justin: You gotta make a website about it if you want anybody to take you seriously. If you don't have a website, you're the joke of the town. Without a website, you're the joke of the town. But if you don't know how to make a website, good news is on the horizon. Because our friends at Squarespace are probably the longest time supporters of this podcast.

Griffin: And only this one. They don't advertise anywhere else. [chuckles]

Justin: Yes. If you've heard about them, you've heard about them here.

Griffin: Just from us! They love our shit, man.

Justin: But it's a really service. If you don't have experience building websites, or maybe you have and you found it too complex, or you don't think you know how to make a really good one that looks very professional, Squarespace is the surface. They have professional website designers that make templates where you just bring in your images, bring in your text and

they're gonna help you make it look great. If you have an idea, Squarespace is gonna help you bring it into the digital world. That's amazing! That's a gift.

Griffin: Mm-hm.

Justin: This is best in class.

Griffin: They're Morpheus from The Matrix.

Justin: And if you wanna sell stuff too, that's no problem.

Griffin: They're Neo from The Matrix.

Justin: There's no problem. They've got a huge suite of tools, fantastic customer service. Whatever you need, Squarespace has your back. And you could try it yourself. Go to squarespace.com/mybrother for free trial. And when you're ready to launch, use offer code My Brother to save 10% off your first purchase of a website or domain.

Travis: Do you guys know why Spider-Man Loves Squarespace so much?

Griffin: Ooh... something about the web?

Travis: He loves building websites!

Justin: I hope to god that you would in some way subvert that into something, man.

Griffin: Subvert, yeah. There was something in there.

Justin: It really felt like you were—I was all primed for some Travis gold. And that was pyrite, if I ever heard of it.

Travis: Hey, you know what? I love you guys.

Griffin: Why does Spider-Man love Squarespace so much?

Travis: Why?

Griffin: Because of their best-in-class fluid website design system. Because of their incredible video editor suite. Like, you could have said so many things that Squarespace would have paid us for. You know what I mean?

Justin: Hey, guys, just, I don't want... we're off their dime at this point and I don't wanna say anything else nice about Squarespace.

Griffin: You're right. Let me take the punch card out of that one and walk over to NetSuite. [chuckles and spoofs punch card sound] Pa-chunk!

Travis: Hey, do you know why Spider-Man loves NetSuite?

Justin: [laughs]

Griffin: [chuckles] Why is that, Travis?

Travis: Well, it's because, you know, you're falling behind and—

Justin: Because he's a small business owner concerned about his KPIs?!

Travis: He's a small business owner. He's trying to get pictures of Spider-Man, pictures of himself. And it's hard when you're by yourself!

Griffin: It shouldn't be! If he's Spider-Man, it should be pretty fuckin' easy to take—he should be best-equipped to do this job, more than anyone else.

Travis: If he's turning in selfies, you don't think Jay Jonah Jameson would be like, "Wait, what the fuck? These are—whoa, wait a minute!" And so, if this is you, if this sounds like you, then you should know these three numbers. 36,000, 25, 1, Spider-Man.

Griffin: Yeah.

Justin: [chuckles]

Travis: 36,000. That's the number of businesses which have upgraded to NetSuite by Oracle.

Griffin: It's also how many people that the Green Goblin has killed. And this is why need Spider-Man more than ever.

Travis: 25. NetSuite turns 25 this year. That's 25 years of helping businesses do more with less. Close their books in days and not weeks, and drive down costs.

Griffin: So does Tobey Maguire, the original Spider-Man. Happy 25th birthday, Toby.

Travis: And 1, because your business is one of a kind, so you get customized solutions to all your KPIs. That's key performance indicators, which Spider-Man loves. In one efficient system with one source of truth, manage risk, get reliable forecasts and improve margins.

Justin: [chuckles] It doesn't have the key performance indicators highlighted, Trav. I think that's just in case—it's there for you in case you're a dumb-dumb who doesn't know what a KPI is.

Griffin: That's a secret Travis note.

Justin: I, of course, know and love KPIs.

Travis: I just know that whenever Spider-Man captures like the Rhino, he's like, "I couldn't have done it without NetSuite's KPIs." Right?

Griffin: Right.

Travis: And so, I just want to make sure everybody knows because it's everything you need all in one place. Just like Spider-Man, he's got everything you need, all in one place. NetSuite is kind of the Spider-Man of tools for your business.

Griffin: Right.

Travis: Right. And so, just like Spider-Man was unprecedented before he came around, at that point, no one had thought about combining the powers of spiders and like fallibilities of a teenage man.

Griffin: Right.

Justin: Yeah, it's like Spider-Man's famous utility belt.

Travis: Yes!

Griffin: Huh?

Justin: He's got all the tools.

Griffin: And with great power comes great key performance indicators.

Travis: Indeed!

Griffin: Is what my Uncle Ben told me before he died tragically on the toilet.

Travis: I do still feel bad about that.

Justin: [chuckles]

Travis: Why did I let that robber into his bathroom? I don't know, man. I feel bad. He said, "I'm gonna kill your Uncle Ben while he's on the toilet." And I said, "He's not my Uncle Ben, he's Griffin's by marriage."

Griffin: Yeah.

Travis: And he said, "Oh."

Justin: Whether or not you let your Uncle Ben get killed on the toilet is a key performance indicator.

Griffin: [chuckles]

Justin: That is indicating how well you're protecting your Uncle Ben in a really key fashion.

Griffin: Maybe if Uncle Ben hadn't kicked my ass up and down the wrestling ring... [laughs]

Justin: [in a silly, wrestler's voice] Uncle Ben is ready! [laughs]

Travis: I thought Sam Raimi took a lot of liberties, but I loved that change.

Justin: Remember when Peter Parker wrestled with his uncle Ben so hard that he killed him? And then he realized that he had to fight crime?

Travis: Yeah, and then he spent the rest of movie going like, "I feel responsible." And Aunt May was like, "You are responsible!"

Griffin: You are.

Justin: You are responsible! [laughs]

Travis: He did! He did it!

Griffin: You tombstoned him so he collapsed, he telescoped.

Justin: [laughs]

Travis: Several times! Bruce Campbell begged you to stop! And you just kept going!

Griffin: You kept tombstoning Uncle Ben.

Travis: You tombstoned him 36,000 times!

Justin: He blew his spot. He blew his spot. He's an old man and he blew his spot. I told him to get out of the game!

Travis: [chuckles] Yeah!

Griffin: You made him look all flat like a Wile E. Coyote manhole cover.

Justin: [chuckles]

Griffin: Why would you do that to him?

Travis: And then you're like, "I just feel like it was my fault." Yeah, Spider-Man. It was. So right now, download NetSuite's popular KPIs checklist!

Justin: [chuckles]

Travis: Designed to give you consistently excellent performance, absolutely free at netsuite.com/mybrother. That's netsuite.com/mybrother to get your own KPI checklist. [Netsuite.com/mybrother](https://netsuite.com/mybrother). Please don't tell him about this ad. Thank you so much!

Griffin: Please. Guys, sometimes this show makes me laugh so hard that I cry so hard that my glasses fog up.

Justin: That's great. That's a great sign. That's a key performance indicator of comedy.

Griffin: Of our show.

Justin: I meant to leave some silence at the end of the ad for the whole boardroom of NetSuite to stand up and start slowly applauding like, "Money well spent."

Griffin: They can do that right here.

[Just the Zoo of Us theme music plays]

Ellen: People say not to judge a fish by its ability to climb a tree.

Christian: Which is why here on Just the Zoo of Us, we judge them by so much more.

Ellen: We rate animals out of 10 in the categories of effectiveness, ingenuity and aesthetics, taking into consideration each animal's true strengths. Like a pigeon's ability to tell a Monet from a Picasso, or a polar bear's ability to play basketball.

Christian: Guest experts like biologists, ecologists and more join us to share their unique insight into the animal's world.

Ellen: Listen with friends and family of all ages on maximumfun.org, or wherever you get podcasts.

[Just the Zoo of Us theme music concludes]

[Maximum Fun theme music plays]

Kira: It's the final week of Co-Optober. I'm Kira Gowan, an operations specialist, and I'm here with:

Daniel: Daniel Baruela, technology and data specialist. To cap off national co-op month, we're sharing how worker-owned co-ops can benefit their communities. Read about it in our newsletter or on social media, @MaxFunHQ.

Kira: We're also trying to do our part. We're volunteering at our local food bank this week and we encourage you to volunteer in your area, too.

Daniel: On Friday, we're announcing the donation that you helped raise in the post Max Fun Drive sticker sale, going to five food banks across the US.

Kira: And we want to make sure you know that this is your last chance to get our limited-edition co-op Launch Crew merch.

Daniel: Grab a pin, hat, shirt or hoodie before they disappear at the end of the month.

Kira: Details on merch, resources for volunteering and all things Co-Optober can be found at maximumfun.org/cooptober.

Daniel: That's C-O-O-P-T-O-B-E-R. Thank you so much for your support and have a great Co-Optober.

[Maximum Fun theme music ends]

Justin: All right, here's another question. Let's do another question. Here's one; "I am a therapist, the mental health kind, who has some stomach issues at times. Normally, I take my morning constitutional between eight and nine o'clock sessions. By then, my coffee is in full effect and things typically go smoothly.

Sometimes, though, my IBS and coffee tag team me. And on rare occasions, I have to excuse myself mid-session to take care of my urgent business. What is the most elegant or least embarrassing/damaging way to politely excuse myself and return to session? Therapy is supposed to be about the client. So, I don't want to turn my poop problems into a deal and take away from their therapy."

That's from Counselor Cramp by Crap. I have no... fucking clue.

Griffin: I can't relate to this one. Weirdly, like, I usually can find some foothold in the questions that we receive on this show. This one's got me flummoxed.

Travis: Can I tell you, guys... Yesterday, I was talking with, I don't want to name drop here, but my friend Felicia Day. And she was describing expertise in exactly this scenario.

Justin: That is wild.

Travis: She was like, "If anyone ever needed help with this thing, I'd love to be there."

Justin: I think she's got something to promote. So, let me try to call her.

Travis: Okay.

Justin: [spoofs phone sounds] Beep-boop-beep-boop-beep.

Griffin: [chuckles]

Justin: [spoofs phone sounds] Beep-boop-beep-boop-beep.

Griffin: Wait, why did you have to press numbers again?

Travis: Was there an extension? What are you doing? [chuckles and spoofs phone sounds] Prr-ring! Prr-ring! Prr-ring! Prr-ring!

Felicia: Hello? Hi.

Justin: Hi, Felicia. This is Justin McElroy.

Felicia: Oh, hi, Just!

Justin: Hey.

Felicia: Can we talk about Fourth Wing again? Oh my god, Xaden!

Justin: Oh my god, Xaden!

Felicia: Ugh!

Justin: We're both team Xaden over here.

Travis: Guys, you can't talk about Fourth Wing again. We have important, pressing business!

Justin: Yeah.

Felicia: All right. We'll have to have our own—just a spin-off podcasts of just me and Justin.

Travis: Oh, Fifth Wing.

Justin: I think there's a good amount of people that would listen to Justin McElroy and Felicia Day's Fourth Wing fancast. [laughs]

Griffin: [chuckles]

Felicia: Hey, the sequel's almost out, aah!

Justin: You only have to do one episode, they did another one this fall. It's easy. [chuckles]

Griffin: Is it Fifth Wing? Is the sequel Fifth?

Travis: Or is it a prequel?

Justin: Do you see the lack of entertainment that we are displaying? Like, isn't something to joke around with.

Felicia: How dare you. This is not for joking.

Justin: Do you know the peril the kingdom's in? And you're gonna—

Griffin: Felicia, do you know anything about ibs? Because this question asker has ibs, I guess. And...

Felicia: Oh, you're talking about IBS?

Travis: Yeah.

Justin: Yeah, yeah.

Felicia: Oh, I know a lot. Oh, I'm such an expert in this. This is amazing! Did you know I had poop problems, too?

Travis: What?

Justin: No, I didn't.

Griffin: No?

Justin: Travis said he did, but I didn't believe him.

Travis: I do.

Felicia: Okay, okay, you do? Because I've seen you at a bunch of conventions.

Travis: Yeah, well, I barely see you! I barely see you at conventions because you're always in and out. You know what I mean? Suddenly, you just like jump up and go, "I gotta go!" And you run out of the room.
[chuckles]

Justin: The problem with the three of us is everybody's always calling us the normal poop brothers. Because it's all like—[chuckles]

Griffin: [chuckles] Yeah.

Felicia: Ah, it's really bad.

Justin: So normal and... So like, it's a therapist who sometimes have to excuse themselves like during the session, to go... drop ass. And I wanted see like sort of—

Felicia: Dropass.

Travis: Dropass.

Justin: [chuckles] What you would advise them about how to like—a cool, chill way of swinging that.

Felicia: So, I think we need to first start with some empathy, since it's a therapist. And think about that everybody's poop is not the same. And I think a lot of people don't understand that.

Justin: Okay, can you zero in on that? Speak on that, please.

Felicia: Are you guys like a nine AM-er? You know, do you have like a 24 hour poop cycle in your life where you're just like, "I know I'm gonna need to go after my coffee. Right after breakfast."

Justin: Well, it's funny you ask, Felicia, because my—

Travis: Mine is more of a monthly cycle, but—

Felicia: [chuckles]

Justin: Oh, monthly, that's great. Mine is, after I dropped my kids off at school, I smash through the door of my home like The Incredible Hulk and barrel through the hallway. Leaving claw marks, ripping photos down, as I sprint in a mad dash against fate. Just to try to reach my toilet. And that's every day for me. That's my daily session. [chuckles]

Felicia: [laughs] Wow!

Travis: If I venture more than 30 minutes away from my home, and then upon returning, like the animals in, you know, The Amazing Journey, where the dogs come back and the cat comes back. That's my gut to the toilet. My gut is so excited, it's basically wagging its proverbial tail and there's no time to celebrate getting home. Time to go.

Griffin: I'm just, after breakfast, after dinner. One in one out.

Felicia: Okay. Oh, you're two poo a day? That's incredible. That like feels excessive, but okay.

Griffin: My body is a food bag. And when food goes in the food bag, food also has to... there has to be room in the food bag. Do you know what I mean?

Felicia: Okay.

Griffin: Like, so, yeah, there's—

Travis: One time after getting a massage, the therapist was trying to sell me things. As often happens. And they asked me how many bowel movements I have a day and I said one. And they said, "Ah, the problem is you eat three meals a day. And you're only having one bowel movement a day. So you've got stuff backed up."

Felicia: What?

Travis: And I didn't have the heart to tell this person like, hey, that means that over my lifetime, what you're presupposing is there's thousands of BMs backed up in my body. I don't think that's how that works. [chuckles]

Justin: If I slam a quick bag of Doritos with no one's looking, a little snack-sized kid back, I'm not gonna have a snack-sized kid poop later. That's not the way it—it's not—

Griffin: No, Justin, because you turn it into fuel to make jokes.

Travis: Yeah, Doritos are one for one fuel. There's no leftover.

Griffin: It's kindling.

Felicia: What about Cool Ranch?

Travis: Oh, there's a little bit left.

Felicia: Cool Ranch is more of a drama. That's for—

Travis: [laughs] Cool Ranch for drama, Nacho Cheese for comedy. That's what we've always said.

Griffin: Right.

Felicia: [chuckles] Well, anyway, IBS is... it's a lower bowl thing. I'm not a doctor and I'm going to talk about a lot of things that it's like, "Felicia, you're not a doctor." I'm going to do it anyway. So, IBS is when you have loose stool, right. So you really just gotta go. And as someone who's worked for the last two months on my poop to do the opposite—okay, so I... I'm gonna get graphic here.

Travis: Oh, please.

Felicia: And I really hope people plug their ears, don't picture it.

Justin: This is not the place for that.

Felicia: I, for some reason, because I was on a lot of antibiotics a couple years ago or whatever, I developed this thing called SIBO, which is an overgrowth of bad bacteria in my lower intestine. Which causes either slip and slide poops, like IBS person's talking about.

Travis: Sure, sure.

Felicia: You can't keep 'em in. You poop after you eat immediately. Or you got 'em stopped up. I got it stopped one time—

Travis: Ah, man! Oh.

Felicia: Okay. So, I took a poop test about two months ago to try to deal with this. And you're supposed to—okay, have you ever done a poop test, you guys?

Griffin: Yes.

Travis: Is it multiple choice?

Felicia: No, no, it's where you poop in what looks to be like a tater tot container. And then you scoop the little pieces of poop—

Justin: What? Wait—

Griffin: Sorry...

Justin: Sorry, quick remark, that thing—just a quick remark that phrase doesn't communicate—

Travis: Yeah, I've never had a bespoke container for my tater tots?

Justin: [chuckles] Tater tot container does not... it doesn't convey ideas is what I'm saying.

Griffin: I've received tater tots in so many different vessels...

Felicia: [chuckles]

Travis: Yeah, we're not California elite. Is there a thing, do you guys in California, do you have things like one might but a deviled egg in but for individual tots?

Felicia: All right, listen, you go the fare, you get the little paper thing with the red stuff on the outside. And they could give you a hotdog or a tater tot or something like that.

Griffin: No, a paper boat.

Felicia: Paper boat! I didn't know they had a Midwest term for it.

Travis: I think that's just Griffin's term for it.

Felicia: [laughs]

Justin: Ah, okay.

Felicia: Anyway, okay, they—

Griffin: From now on, it's just called a poop test boat, is a better name for it.

Felicia: Okay. Can you give me the corndog in the poop test boat? Yeah, that's exactly we should do at a fare.

Griffin: [chuckles]

Justin: A little fry basket.

Felicia: Anyway, so they send you this and like nine vials, and you're supposed to poop into this—precision poop into the small paper vessel. And you're supposed to use a little spoon to scoop little pieces of your poo into all the vials.

Griffin: Awesome!

Felicia: Mix 'em up and then send them to see what your—

Travis: Wait, mix 'em up to confuse 'em? Like, "You'll never guess!"

Felicia: [laughs]

Griffin: A quick shell game with a scientist.

Travis: If I had that much control over my bowels to like precision poop, I wouldn't need this test.

Felicia: It's true. It was very harrowing to like... just like... I think I was under my butthole, but I wasn't sure. And I'm like, just like, let's hit it, hopefully. But don't pee in it after. It's like a lot of coordination down there.

Griffin: You're gonna want to! It's gonna feel right, but you can't.

Felicia: [chuckles] You can't do it.

Griffin: You gotta send that to a pee scientist, that's a whole different discipline. They didn't go to pee doctor school.

Felicia: It's a whole different paper boat. Anyway, so then, I... I'll just be transparent. My poops were so hard—

Travis: Have you been holding back until now?!

Griffin: [chuckles]

Felicia: Yes!

Travis: Wow! Okay.

Felicia: [chuckles] My poops were so hard, I just had to plop them in. Because it was like they—I couldn't even dig into them with a spoon. I had to—

Travis: You had to get a serrated knife?

Griffin: [laughs]

Felicia: It was so hard. Yeah, I had to have a cleaver.

Travis: "Hey, honey, bring the laser engraver over here. I gotta send—"

Felicia: [laughs]

Griffin: [laughs] It's like ASMR videos of people using like high-strength water jets to like cut through Nickel or something.

Felicia: Justin looks so concerned.

Justin: So, you're preparing your droppings to roast for coffee, and what happens next?

Felicia: [chuckles] It's like a civet, all right?

Justin: [chuckles]

Felicia: Anyway, I sent it in. My microbiome is so bad. I don't have any acidophilic—like, it's bad. So, I have to go through this eight week diet to try to get rid of this SIBO stuff. And all these supplements, I have a naturopath, integrative medicine person helping me. I have to tell you right now, I'm a 24 hour pooper. And it's a nice texture and it's fine. And I just—

Justin: No, wait, hold on, you can't—

Griffin: Hold on, that's not good!

Felicia: I want that for everybody!

Travis: Do you mean every 24 hours or just 24 hours, 7 days a week, pooping a bit all that time?

Justin: You're always pooping a little. [chuckles]

Felicia: No, no, that would be terrible. [chuckles]

Travis: Yeah!

Felicia: No, once a day! I'm a nine AM pooper!

Justin: That's great.

Felicia: Anyway, I just want to tell you that if you have poop problems, there is a solution. Just be aggressive. But it's probably something wrong with your diet or whatever, and be aggressive about fixing it. I'm not saying IBS is easy to fix. I'm just saying, this is an issue that a lot of people deal with and I have a lot of sympathy for this person.

Justin: And if you're going to take healthcare advice from any podcast, this is the one.

Travis: It's this one right here.

Griffin: This is it!

Travis: I'm going to throw this out; "Hm... that's—ooh... you've given me a lot to think on. I'm going to have to think—step into my think-a-torium for a few minutes!"

Griffin: Yes, that's good.

Justin: Oh, you slip away, you're the therapist. It's such a good point they've made you're like, "Gosh, that's really... I gotta step away for a second."

Travis: "Hm, no one's ever had this issue before. You're more fucked up than anything I've ever heard. I'll need to think on this! And maybe I'll take this newspaper with me, just in case my brain catches fire."

Justin: I do have to—shout out to whoever your nine o'clock appointments are, because they have certainly noticed at this point, they're in the waiting room and it's like, "I've got a great therapist. Every time right before my appointment, they blast out of the bathroom and just, they're always in there. They're always in the can and they blast out of the can and come and give me the healthcare I demand."

Travis: Follow me! This way!

Justin: I think it would be very affirming if a therapist—

Griffin: Yes.

Justin: I've given them all of my like quirks and foibles. I would love to know there's a real human being on the other side of the box of Kleenex.

Felicia: No, I'm gonna disagree with you.

Justin: Okay?

Felicia: I'm sitting there telling you about my problems with my parents. And you're like, "Gotta go poo." I need a better preamble. I need a set up. I need an exit line. You know?

Griffin: Yeah.

Felicia: So what I would do is be like, "You know, I have to take—I need to take a break right now. I'll be back in one minute. But I want to leave you with this thought." And then you leave them kind of thinking about something in a profound way and let it linger.

Griffin: Yes.

Felicia: And then maybe in their mind they'll be like, "Wow, they're such a good therapist that they gave me space to really contemplate this one thing a bit longer than we would normally—"

Travis: "Also, they were kind of shaking and sweating when they left, I hope they're okay!" [laughs]

Felicia: [laughs]

Griffin: And going, "My tummy!"

Justin: [laughs] "The last thing they said to me, I'll never forget. They said 'fuck, fuck, fuck, fuck.'"

Griffin: [chuckles] "Oh, fuck. Oh, fuck. Oh, no, not again."

Felicia: [chuckles]

Justin: Would you buy this if the therapist is like, "I can tell you're being guarded with me right now and that's understandable. I want to try something new that I read about, where I want you to keep speaking on this, but I'm actually going to step out of the room. Because I need you to have the vulnerability of just like speaking your open, true, honest mind. And I will step back in whenever I feel like it's time."

Felicia: But that's—you can only use that one time. Like, they can't do it every week. You know what I'm saying? You can't be like, "I'm gonna do—"

Justin: Oh, that's true! That's true. It's not repeated.

Felicia: It would work, but a one-off. Yeah, that's a one-off.

Travis: You're gonna need to put a port-a-potty in your office. Call it the confessional booth. You're gonna dress it up and you're gonna say like, "Hey, I can tell you having a hard time saying this to me face to face. I'll step into the confessional booth, you speak through the grate. But please, with the sound deafening headphones on. It is so important you put the headphones on!"

Griffin: I think a big issue here is that—and mental health professionals are heroes. But whenever you are in their service, the price per minute ratio of that work is considerable. And so, if they just... if you just slip them a 20 and pre-pay at the pump a little bit... Slip 'em a 20 or like if it's going to be pretty bodacious, a couple 20s. And then you pop out—

Justin: [chuckles]

Felicia: Wow, bodacious?

Travis: Yeah.

Justin: So, you would say—you're like, "Hey, the bad news is I have to go poop. But the good news is this one's on my dime. Don't worry, I'm not burning your cash."

Travis: "I poop on the company dime, don't worry about it."

Griffin: Yeah. That could work. If it's remote, you could just do the jacket over the head and phone thing while you sit on the toilet. Because no one's gonna know.

Travis: Yeah, "I don't know why my camera's not working."

Felicia: I mean, I can't see any of you below the waist right now.

Justin: That's true.

Felicia: So like, I don't know what you're doing. I don't know what's under your chair. Also, can I just ask you guys if you would be willing to share; Have you had a situation where you were not near a bathroom and you had to poop so badly that you were contemplating alternative methods to evacuate?

Griffin: Uh... [laughs]

Felicia: [laughs]

Justin: [chuckles] Whoa... yeah, I mean—well... okay. All right.

Griffin: Has it—

Justin: Okay—

Griffin: Is the question—sorry. To narrow it down a little bit, are you saying has this ever happened while we were recording the podcast? Because the answer to that is yes.

Felicia: [chuckles]

Justin: Yeah, that is a yes.

Travis: Well, are you just asking has there ever been a time in our lives where we thought there's no way we could make it to a bathroom, time for plan B.

Felicia: Yes.

Travis: Okay.

Felicia: I'm not asking you if you did plan B. I'm asking were you like, "I'm at the point where I have to think about alternative methods." And I, the other day—I did make it to the restroom. But because on—

Griffin: So proud of you.

Felicia: Too much magnesium, probably, I literally saw like a garbage can and I was like, can I get up there to sit?

Travis: Yeah.

Felicia: But I didn't have to do that. That's what I'm just wondering, if—

Travis: Oh, yeah.

Justin: I once—

Felicia: Okay.

Justin: I once shit my pants a quarter mile from a Wendy's that I was desperately trying to get to.

Felicia: [laughs]

Justin: And my family was in the car with me and they all knew about it. And there was a big crowd in the restroom at the Wendy's. And I left my underwear there at the Wendy's. And I can't ever go to that Wendy's again.

Griffin: Yeah.

Justin: And my kids still talk about it to this day. Mostly because my wife makes them and it was... I mean, I wish I could say that was the worst one. It's just the worst one I will talk about on a podcast.

Griffin: Yeah.

Felicia: [chuckles] That's beautiful.

Justin: Ah, well...

Felicia: Griffin looks half the time like he's horrified at you guys. I just will say.

Travis: Yeah.

Justin: Yeah...

Griffin: No, it's just that I—you know what it is Felicia? I'll park the curtain for you. I'll put the tiger right up on the table and yell at it. I know that's not even the worst Justin story. Like I...

Felicia: [laughs]

Justin: Yeah...

Griffin: I've borne witness to this to this tragic event.

Justin: Not borne witness... That's like very—

Griffin: We don't need to unpack this in front of god and everyone, and Felicia too.

Justin: Let's not. Let's not do this in front of Felicia Day. She was in The Guild. Okay? Can we not? [chuckles]

Griffin: Yeah, fair.

Travis: She was in The Guild! She was featured prominently in Supernatural! Please, guys!

Griffin: We can't.

Justin: Felicia, I had this whole... I didn't do like an introduction because of the phone call thing. But when you tell people like—when people like—"I am Felicia and I am this." What do you tell them? What do you tell people you do?

Felicia: I do a lot of stuff on the internet.

Justin: Okay?

Felicia: I really... I downplay it because I'm an actor. I do a lot of stuff on the internet. Let's not talk about it anymore.

Travis: But you were on Buffy, you can pull that out? That's recognized.

Justin: You're an actor.

Felicia: That feels old.

Justin: Yeah...

Felicia: That feels old now, right? I mean—

Justin: I would definitely bring it up in every conversation I ever had for the rest of my life, but yeah.

Felicia: [chuckles] I'm an official slayer. I'm a slay and a hunter, officially.

Travis: Right?

Felicia: Yeah, okay! That's cool.

Travis: The one television show we featured in predominantly, the network went under shortly thereafter and we still talk about it. And that was like seven years ago, we bring that shit up all the time.

Justin: Yeah, we still talk about it.

Griffin: That's still how I introduce myself, yeah.

Justin: We struggle with that, to figure out the way to explain it. Saying 'entertainer' feels bad.

Felicia: No, and 'content creator' feels really gross.

Justin: Ah! [blows raspberry]

Felicia: [spoofs chundering sound]

Travis: That's why I switched to influencer now. Just it's easier.

Felicia: Oh, no...

Justin: [chuckles] Yeah, that's much better.

Felicia: Trav, come on...

Justin: Hey, tell me about Third Eye.

Felicia: Oh, Third Eye, that's so funny that you wanted to ask about that. It was a great—

Justin: It's the prequel to Fourth Wing.

Griffin: [laughs]

Felicia: Yes, oh my god, Xaden!

Justin: Fourth Wing! [chuckles]

Felicia: Xaden! Third Eye is—

Travis: Fifth Element! It's a trilogy! [chuckles]

Griffin: Yeah. [chuckles]

Justin: [chuckles]

Felicia: I gotta tell you, we have to do—I have to call you after I read the sequel as soon as it's out. And then I'll call you and then we can talk, right?

Justin: Yeah, okay. Yeah, that sounds good.

Felicia: All right. Third Eye is—

Justin: We'll do an audio book, we'll do a pirated audio book. [laughs]

Griffin: [chuckles]

Felicia: Oh my god, will you be Xaden?

Justin: Yeah, I'll be Xaden.

Travis: Yeah! Felicia will read everything else and Justin will read Xaden. Just Xaden.

Felicia: [laughs]

Justin: [laughs]

Felicia: Third Eye is a project I've worked on for five years. It's an audio—it's TV for your ears. It's a television show in audio, or you can think about it as a fully preferred audio book. It's seven hours. It is about a chosen one who fails and gets her life blown up when this girl enters her life. It's a fantasy, adventure, comedy and it has a lot of really cool people in it. Neil Gaiman, Wil Wheaton, Sean Astin, Lennon Hughes, LilyPichu. Weird Al does a cameo. And that's it. It's my baby. And it's on Audible, audible.com/thirdeye.

What more can I tell you about that or poop?

Justin: How satisfying is it to have that like in the public world now after five years? That must feel great.

Felicia: I mean, everything's always a letdown for me. I mean... [chuckles]

Justin: That is the title of your memoir, so I should've guessed.

Griffin: [laughs]

Travis: Follow up question, Felicia. How worried are you that your actual daughter will hear you refer to Third Eye as your baby?

Felicia: Oh, no, she doesn't refer to herself as a baby. I'm sure you know from your kid. It's like, six years old is like, "I'm not a baby anymore."

Travis: Oh, my six year old teenager, is that what you mean? Who practices poses and practices disgusted sound reactions like, "Ah, ugh, uh!" In the mirror, you mean that six year old? Yeah.

Justin: I wanted to, before we leave, Felicia, and this is such a bad time to bring this up. But have you ever heard of Daniel Benzali who was on a show called Murder One? Daniel Benzali, he was the original star of a show called Murder One. Steven Bochco produced.

Felicia: Okay, all right?

Justin: And he was the original lead of the show, but he was fired after the first season. And in his memoir, Steven Bochco described how this happened. He said Daniel Benzali would be late to work every single day because he had to poop at home before he got to the set.

And so, Steven Bochco eventually was like, "You can't keep doing this. You have to poop here." And he said, "I can't poop here. I have to poop at my house." And Steven Bochco is like, "I will have to fire you from this television program." And he's like, "You don't understand, I'm gonna have my morning poop at home." [chuckles]

Griffin: It's a good bathroom.

Felicia: What?!

Justin: "And then I will come into work." He was fired after the first season because he refused!

Felicia: Are you kidding?

Justin: Refused! And it was that timing, too. It was like, I gotta—"I am that regular, but it is gonna be at home. And then I will make the trip in."
[chuckles]

Felicia: Wait...

Griffin: As someone who had to take several 10-2s where we made the My Brother, My Brother and Me show, inside of old, closed down and haunted menswear store...

Felicia: [chuckles]

Griffin: I relate to this person intensely and I will accept no—

Justin: The sound guys on the on the first day of our shoot were like—this is the first TV show we've ever done. They were like, "Guys, if you need to go to the bathroom, just say 10-1 and people will know." And they said unless it's a—that's for pee. If it's a poop, you say 10-2.

And I'm like, okay, great. Thank you so much. We're babes in the woods here. It wasn't until literally three fourths of the way in, about after three weeks, did the thought occurred to me, these guys don't need to know if I'm pooping or peeing in there. This is a trick. They have tricked me into—

Travis: They're just trying to figure out how relaxed can I be, how much time do I have.

Justin: Into announcing my intentions at every break, that I had to go pee or poop. I had to announce that to everybody. I don't—

Felicia: Did you turn your mic off? Because I always—I don't trust anybody not to listen. Even though it's not that exciting.

Griffin: Oh, every time.

Felicia: Yeah, okay, good.

Griffin: Every time. I'm not trying to get wiki leaked over here.

Justin: I would rather someone listen to me poop than be the reason that my microphone was erroneously turned off for a take or something.

Griffin: [chuckles]

Justin: I'd rather not be the bad guy.

Felicia: No, because they noticed that. Other than that, also, I talk a lot of shit about people behind their back. So like, I have to be really careful! You know?

Griffin: To yourself on the toilet, in the bathroom where you are.

Felicia: Yeah.

Travis: Time to talk shit and take a shit! That's what I call it.

Felicia: I always—I'm on the phone talking shit while I take a shit. All the time, yes. It's kind of—

Travis: That's just efficient.

Griffin: That's efficiency.

Justin: Felicia, I know you have to go hop on a plane like almost immediately. So, thank you so much for taking my call. I really appreciate it.

Felicia: You guys are a delight.

Travis: Thank you.

Griffin: As are you.

Felicia: And when we do our Fourth Wing spin off, interpretative... Well, why don't we do interpretive dances to each you know, each scene?

Justin: Hm, okay—

Travis: An interpretive dance on a podcast is a bold move and I fully support it.

Felicia: [laughs]

Griffin: Yeah, just a lot of fabric flapping against fabric.

Travis: Yeah, make sure you have the microphones pressed up against you so people can hear the fabric rustling.

Griffin: A lot of corduroys.

Felicia: I don't know, I just, I need to talk about this book more. I might read it again on the plane! I don't know why I'm so obsessed with it. It just comes out of nowhere, the intercourse. And I was just like, oh!

Justin: It really—you do not see it coming more. Much like the dragons streaking through the night sky, you don't see adults do like the intercourse. It just comes out of nowhere, repeatedly, over and over and over again.

Felicia: Oh, a lot. It's like, oh, the last third, you want your money's worth? Here you go. Okay.

Justin: Okay, thank you. Felicia, thank you, have a great trip.

Felicia: Travis and Griffin look so bored, I can't—you guys just need to read this book!

Justin: They don't have to listen. They don't listen.

Travis: I feel like I get it all now!

Griffin: Yeah, it's a dragon sex book! It sounds awesome, guys.

Travis: I get it! Surprise dragon sex, yay!

Griffin: Is there a sword?

Justin: They didn't have sex with the dragons. That's very important. That's weird, actually.

Travis: Do the dragons have sex with each other?

Justin: They do interrupt them during sex and they're always watching. The dragons are always watching, so the dragons—

Felicia: They are in their heads always watching, which is actually creepy now that I think about it.

Justin: The dragons watch them have sex. Yeah, that's bad.

Griffin: For sure.

Felicia: Yeah, that's creepy.

Justin: Okay. Thanks, Felicia!

Felicia: All right, Third Eye, download it. Bye.

Justin: Bye! Thank you so much to our very special guest, Felicia Day. A reminder about Third Eye. Travis, where can people hear Third Eye if they want to listen?

Travis: Oh, thank you for asking. It is on Audible. And it features Sean Astin, Felicia herself, Neil Gaiman, Wil Wheaton, all kinds of wonderful people on there. So make sure you go check that out, only on Audible.

Griffin: Can I tell people about the exciting merch opportunities we have for them this month?

Travis: Please do.

Griffin: We have a new poster that is one of my favorite designs just for the level of detail that has gone into it alone. It's a Plato's Rave map. Poster sized, designed by Danielle Mijo-Burch, @mijoburch_art on Instagram. And it is so fucking good. It looks cool. The design is full of little easter eggs. It's like a little puzzle hunt for the mind. And that's good.

We also got Candelights wrapping paper up there, designed by Justin Gray, @burn.to.build on Instagram. And 10% of all merch proceeds this month will go to Reproductive Freedom For All, which fights for access to abortion care, birth control, paid parental leave and protections from pregnancy discrimination. All of that over at mcelroymerch.com.

Travis: And more!

Griffin: And more, so much more. And thanks to Montaigne for the use of our theme song, My Life Is Better With You. Always so excited to come out on stage to that one. It's a bop. I feel like we get to hang glide a little bit off of the draft of how good and cool that song is. So, thank you so much, Montaigne.

Justin: Folks, that's gonna do it for us for this week. So until next time, here's your cleansing sonic bath.

Travis: Hmmm-mmm-mmm-mmm-mmm—

Justin: Doo-oo-oo-oo-oo-oo-oo-oo—

Griffin: [in a silly, high-pitched, old-man voice] Aaah-aah-aah-aah-oo-oo—

Travis: Humm-mmm-mmm-mmm-mmm-mmm—

Justin: Ooh-oo-oo-oo-oo-oo-oo—

Griffin: [in a silly, high-pitched, old-man voice] Ooh-ooh-ooh-ooh-ooh.

Justin: My name is Justin McElroy.

Travis: I'm Travis McElroy.

Griffin: We are getting a lot better at different—I'm Griffin McElroy.

Justin: [chuckles] This has been My Brother, My Brother and Me. Kiss your dad square on the lips.

[theme song, "My Life Is Better With You," by Montaigne, plays]

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