

Sawbones 129: Poop

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Clint: *Sawbones* is a show about medical history, and nothing the hosts say should be taken as medical advice or opinion. It's for fun. Can't you just have fun for an hour and not try to diagnose your mystery boil? We think you've earned it. Just sit back, relax and enjoy a moment of distraction from that weird growth. You're worth it.

[theme music plays]

Justin: Hello everybody, and welcome to *Sawbones*: a marital tour of misguided medicine. I am your cohost, Justin McElroy.

Sydnee: And I'm Sydnee McElroy.

Justin: Oh, Syd, I'm soooooo excited.

Sydnee: Why are you excited?

Justin: 'Cause it's MaxFunDrive. It's the best time of year.

Sydnee: Oh, that's a— that's a great reason to be excited.

Justin: We can all take stock of all the podcasts on the MaximumFun network that we love so much, and kick in a few bucks to help 'em get made. this is the— sort of the tail-end of the drive we're coming up on, the last few days, but—

Sydnee: But it's just as important—

Justin: Exactly.

Sydnee: As the very beginning of the drive.

Justin: Exactly. That money spends no matter when you donate it. we, like I said, we're part of the MaximumFun network. There's a ton of great shows,

all by cool people who just want to make folks happy, hence the name of the network.

Sydnee: Now, not cooler than us, necessarily.

Justin: Not necessarily.

Sydnee: But, but very cool. We can vouch for them.

Justin: now w— what we do is, once a year, we come to you, hat in hand, and say, "Hey, can you give us some money?" And you say, "Why?"

[Sydnee chuckles]

Justin: And we say, "'Cause, 'cause you like our show and you want to help us make it". We use that money to help buy equipment to improve the sound quality, we upgraded our *Sawbones* rig just this year, actually, with MaximumFun donor money.

Sydnee: So that we can look at each other face to face.

Justin: Face to face. And we also, you know, it's— it makes it a lot easier to do a podcast, especially when you have, you know, day jobs and an infant baby. It makes it a lot easier to do it when you can say, "Hey, there's people who care about— enough about this to, to kick in some money on it." So—

Sydnee: And, and to expand the family of shows that we do.

Justin: Absolutely.

Sydnee: Quite literally, our— in our case, our family of shows.

Justin: Yeah. yeah, we added *Still Buffering* this year to the MaximumFun network. That's a show Sydnee does with her sister. Check it out if you haven't, it's amazing. This week's episode is a— it's a show she does with her teenage sister, and they compare being a teenager then and now. This week's episode is about music. If you— you should go listen to it. It's great. But.

Sydnee: Thank you, honey.

Justin: MaximumFun.org/donate. We have gifts we're gonna tell you about, if you donate, here in a little bit. but first, because it's MaximumFunDrive, Sydnee has something very special planned.

Sydnee: Well, Justin, I thought— I thought this is why you were excited, initially, was the topic that I chose for this week.

Justin: Well, I thought the k—, the kayfabe of our show, like, was that I didn't know any of the topics ahead of time.

Sydnee: Well, then, I guess that's true, but—

Justin: I didn't want to break the illusion.

Sydnee: Okay. Sorry. I was letting, I was letting you all behind—

Justin: Welcome.

Sydnee: Behind the screen for a little sneak peek for the special episode. So, I am not excited about this topic.

Justin: Okay.

Sydnee: But I felt like since it is MaxFunDrive, and I think that there probably is a contingent of our audience who enjoys— You know how some people say they enjoy the finer things in life?

Justin: Mm-hmm.

Sydnee: Maybe they enjoy the grosser things in life.

Justin: The yuckier things.

Sydnee: Exactly. The things that maybe give you a little bit of that, like, gag, like, ugh.

Justin: I know I sure enjoy it.

Sydnee: Kind of reflex. So, I thought I would stick with one of those topics.

Justin: Mm-hmm.

Sydnee: in— in the past, we've discussed pee.

Justin: Mm-hmm.

Sydnee: So, you know, that's number one.

Justin: Oh, no.

Sydnee: Why not, why not go for number two.

Justin: Yeah, it's the show about poopy.

Sydnee: Let's talk about poop. and there, I am not— the— I didn't just come up with this, people want me to talk about poop.

Justin: Yeah.

Sydnee: S— several people have requested this. Thank you, Nicolas wanted me to talk about poop, Mara, Sarah, and Alex, especially thank you, Alex, for sending me lots of information about poop.

Justin: Yeah, 'cause I don't know, what's it doing back there, you know?

Sydnee: The t— [chuckles] So, let me just preface by saying, I'm pretty— I'm— I'm not squeamish about poop, but I was raised in a family where we never really talked about that. We didn't actually acknowledge that any of us did it. It was kind of like— like I didn't think my mom did for a long time. I mean, I kinda— but I mean, if you would ask me, if you pushed me on it, I wouldn't have been able to swear to it when I was younger.

[Justin laughs]

Sydnee: So this is a huge stretch for me, to acknowledge that poop happens.

Justin: I think it's so inspiring that you're overcoming adversity.

Sydnee: [chuckles] I do it with my— like with my patients. Outside of that realm, I usually don't, so here you go. So just when you thought it couldn't get any worse, let's talk about poop.

Justin: All right, Syd, I'm ready.

Sydnee: Now here's the weird thing—

Justin: What's poop?

Sydnee: Y— you don't know what poop is?

Justin: Oh, okay. Got it, got it, got it.

Sydnee: It's the stuff that comes out of your butt.

Justin: Dirt, dirt, dirt, dirt, dirt. Got it.

Sydnee: [laughs] So obviously, it's— it's a— it's waste.

Justin: Dirt?

Sydnee: That we expel. No, it's not dirt. It's—

Justin: Hmm.

Sydnee: It's the leftover stuff after we've digested food, as well as a lot of bacteria, and that's the important stuff that we're gonna talk about a lot in this episode, is there's a lot of bacteria in poop that actually can be kind of helpful in some ways. Because we're gonna focus on not just poop, but this is *Sawbones*, how poop has been used as medicine.

Justin: Great. I'm really excited about it.

Sydnee: [chuckles] So—

Justin: About all of that.

Sydnee: We have been using poop as therapy for a really long time.

Justin: Well, it's on hand, you know?

Sydnee: It's easy to come by.

Justin: Well, hopefully not for very long, but it is on hand.

Sydnee: [laughs] I hope you washed.

Justin: Yeah, I hope you washed.

Sydnee: Chinese medical writings from the fourth century mention ingesting fecal material, it's actually described as “a solution of stool”, for the treatment of both diarrhea and food poisoning.

Justin: Hmm. Well... For diarrhea, you mean, like other folks? Just like, “Hey, this is what you're supposed to be doing, not that other stuff. Do this”.

Sydnee: Right.

Justin: Or your own poopsies?

Sydnee: No, not your own. Like if you are sick and you're having diarrhea, you shouldn't eat your own poop, you should eat somebody else who's not sick and having diarrhea, eat their poop. Well, eat their solution of stool, which sounds a little more clinical, I suppose.

Justin: Mm-hmm. But not. But also not.

Sydnee: Not great. And— and a lot of people weren't thrilled about the idea of eating something, drinking something that was described in a text as

"solution of stool." So later on, there was a physician, Li Shizhen, who gave it a— maybe a more pleasing name... "Yellow soup".

Justin: Okay, stop it. That's so worse.

Sydnee: Or—

Justin: So much worse.

Sydnee: Perhaps you prefer "golden juice"?

Justin: I do not, madam.

[Sydnee chuckles quietly]

Justin: Good day. Good day, podcast. Here's my replacement, Mark Marin. Good day.

Sydnee: [laughs] Both yellow soup and golden juice were mentioned as possible treatments for a lot of different abdominal issues. basically anything that would cause you to be, you know, to have abdominal pain, or constipation, or diarrhea, or fevers, or vomiting, or anything like that. And— and these euphemisms were used to kind of try to make it sound better. But the recipe, if you— if you will, the recipe for yellow soup or golden juice—

Justin: Mm-hmm.

Sydnee: — was just some water mixed with either fresh, dry, or fermented— fermented!

Justin: Nice.

Sydnee: Poop.

Justin: [laughs] That how they make Mich Ultra, actually.

Sydnee: [laughs] That's not—

Justin: Ferment it.

Sydnee: Don't say that. We're gonna get in trouble with Mich Ultra now.

Justin: Yeah. Pull—They're gonna pull their sponsorship. Their lucrative sponsorship.

Sydnee: [laughs] sometimes it's specifically infant stool, if necessary. Fermentation though was a key— was a key process.

Justin: Okay, that's—

Sydnee: If you could ferment—

Justin: That's a fun conversation to have with a new parent, isn't it? "Hey, uh... when you're done with that, if I could just..."

Sydnee: [laughs] I thought you meant like just advising, like before you leave the hospital, "Also, you know what else they're good for?"

Justin: Yeah.

Sydnee: "if you get diarrhea, I'll tell you what you wanna do."

Justin: This is the pits. I'm hanging in there.

[Sydnee laughs]

Justin: I'm trying to hang in there. Woof. Okay.

Sydnee: We— we've talked a little bit before, because not just human poop, these are examples of human feces being used as medicine, and we're gonna talk more about that, but poop from all species has been advised for various medical things.

Justin: Yeah. Why limit yourself?

Sydnee: Exactly. Like, why— why only human poop? I mean, 'cause then you gotta ask like a neighbor or somebody, or somebody you're close to. So, you know, if it's coming from an animal, you can probably just collect it. So the Ancient Egyptians— and I— we actually mentioned this briefly when we talked about contraception.

The Ancient Egyptian medical texts advise that if you don't wanna get pregnant, you should create a suppository or— or a pessary— a little, teeny kind of like pellet of something that you put inside your vagina, out of crocodile dung, fermented dough, or crocodile dung with honey and saltpeter. And you would turn that into like a little pellet, and then stick that up inside your vagina, and it would prevent pregnancy.

Justin: Yeah, I mean, on one level, no, but on the other level, kinda. [chuckles] I mean, yeah, kinda. Like, indirectly.

Sydnee: Hey, Justin.

Justin: Yeah?

Sydnee: Everybody's into something.

Justin: That's true. I don't want to yuck anyone's yum. Everybody's got their—

[Sydnee laughs]

Justin: Everybody's got their thing.

Sydnee: yeah. This is probably because crocodiles were associated with the god Set, who is also associated with miscarriage.

Justin: Oh.

Sydnee: So this is probably where this association came from. You know, what's strange is that doing this probably created a more alkaline environment inside the vagina, and lowering the acidity may have made it slightly easier to conceive. I mean, there is the physical blockage of the—

Justin: And the—

Sydnee: — crocodile poop.

Justin: — spiritual and emotional blockage of like “What?”

[Sydnee laughs]

Justin: “It's, huh?”

Sydnee: Yeah, as long as we're talking science.

Justin: Yeah.

Sydnee: Which we are, right?

Justin: Yeah. This is science.

[Sydnee chuckles]

Justin: Just like Bill Nye and Mr Wizard. Science.

Sydnee: [laughs] Move over, Neil deGrasse Tyson?

Justin: Like Neil deGrasse Tyson. Ahhhh.

Sydnee: Gaelynn— Some famous— some famous faces who advised different uses for poop. Gaelynn advised feces, both externally and internally. so you could rub it on yourself or you could take it, you know, in a pill, or in food, or as a drink, for basically balancing your humors. And— and it really, it's just being used to, in this case, as like a noxious substance that would make you puke.

Justin: Okay, great.

Sydnee: So, yeah, that kinda makes sense.

Justin: Sure.

Sydnee: If you want something that's gonna make you puke, try to drink poop.

Justin: Yeah. I mean, yeah.

Sydnee: I don't, but— [laughs]

Justin: It worked in *Jackass*. And it go— I guess that'd be okay.

Sydnee: there were some ancient Hindu text that advised cow dung for wound cleaning. And also, if you dry it out first, it makes a great facial scrub.

Justin: Does it?

Sydnee: I don't know. [laughs] And dry dog poop was also used as a remedy for sore throats for a while.

Justin: Um...

Sydnee: That's easy to come by.

Justin: You know, I've had—

Sydnee: I see that in the park periodically.

Justin: I've had some sore throats. I've had some bad sore throats. I've never had that bad of a sore throat.

Sydnee: I, I—

Justin: I'm fine. You know what, I'm gonna get a Luden and just, like, chill.

Sydnee: [laughs] There are times where I would almost prefer you do that to all of the bottles of Chloraseptic spray that are littered around our house constantly. You have a problem.

Justin: I— I won't—

Sydnee: You have a problem.

Justin: Yeah, I get sore throats. That's the problem.

Sydnee: All the time.

Justin: Okay.

Sydnee: Pliny got in on the act, of course.

Justin: Of course.

Sydnee: Pliny advised if you have a cough, your best bet is rabbit poop.
[chuckles]

Justin: what? Now why is that?

Sydnee: I mean, 'cause Pliny said so.

Justin: I ge—yeah, I g—, he doesn't need logic.

Sydnee: There you go.

Justin: He's not gonna be bound by such an arcane concept.

Sydnee: I don't know, I could make something up, but he just made something up too, so we'd both be making things up, and [laughs] what's the point, really?

Justin: Yeah. Hadn't the world got enough of that.

Sydnee: you know, I read that— I don't know if this is true, but I read that Martin Luther used to eat a spoonful of his own poop every day.

Justin: I mean, it's one way to stay humble. [chuckles] You know?

Sydnee: [laughs] I think it, it actually—

Justin: To start your own brand of religion, you gotta, you gotta keep that old head unswelled somehow, and that'll certainly do it.

Sydnee: I don't know if that was just a way is—

Justin: Is that what humble pie is? I— I've been curious about that. That's humble pie.

Sydnee: Oh.

Justin: Ugh.

Sydnee: Oh.

Justin: Ugh.

Sydnee: Really?

Justin: K— I— I don't, I guess maybe?

Sydnee: That was gross.

Justin: Is it gross, Sydnee? I'm so sorry your delicate sensibilities were—

[Sydnee giggles]

Justin: — were so scandalized. Go back to talking about consuming all poops, please. Be my guest.

Sydnee: Okay, so, I think I left off with— with Martin Luther eating his own poop.

Justin: Yeah, let me, rewind the tape. Yeah, that's where you stopped talking, is when you were talking about Martin Luther eating his own dookie. Go on.

Sydnee: I think he was just thanking God for all gifts.

Justin: Even butt gifts?

Sydnee: [laughs] Even—

Justin: Is that what you're talking about?

Sydnee: Butt gifts.

Justin: "S-, in 1696, a German..." [laughs] I'm just gonna start reading your notes to get past this concept.

Sydnee: Okay. There is a book that I discovered in this research that I kinda wish I had. It's called the *Salutary Filth-Pharmacy*. It was written by Christian Franz Paullini in 1696. This was a German physician. And it— it consisted of a bunch of different prescriptions, we could probably do endless episodes just based on this book, for just anything, all— it— whatever ails you. Using bodily excretions, [chuckles] essentially.

So there were recipes that, for different things that use urine, things that used ear wax, things that used menstrual blood, and of course, there was a treatment, for again, dysentery, so for diarrhea illness.

Justin: Mm-hmm.

Sydnee: Using poop. He also wrote, which I don't know if this should be like one of our themes, if we— maybe this should be our next t-shirt, "Whoever disrespects feces, disrespects his origin".

Justin: Kind of doesn't understand how people are made, huh?

Sydnee: [laughs] He talked about—

Justin: That part's not really involved.

Sydnee: He— he actually— there were references before this phrase, which I think was my favorite, of like us being formed by God's hands out of— out of his feces.

Justin: Hmm.

Sydnee: A different take.

Justin: Yeah, I'm gonna stick with the whole stork thing.

Sydnee: I don't remember being taught that in Catechism, myself.

Justin: No. Me neither.

[Sydnee chuckles]

Justin: And I wasn't in Catechism, but I'll— I'll— I'd weigh even money that it was not part of the curric.

Sydnee: But just remember that, Justin. To stop disrespecting feces.

Justin: Okay. I'll try for the next however many minutes.

Sydnee: Okay.

Justin: To not disrespect feces.

Sydnee: Okay. There was also a substance in the 1800s, that was used to— So it was very popular at the time, we talked about this, to have a very pale face.

Justin: Mm-hmm.

Sydnee: you would want, you know, women especially would paint their faces with different compounds that were white to make their skin look extremely pale, because that was the fashion that was in, that's what— We've talked about before, like tuberculosis was popular for the same reason.

ceruse was a substance that would do this, and it was made, we know, using lead and vinegar, that's like a f— famous k— like we know we— people were putting this lead-based substance on their face, which is bad. You're absorbing lead, getting lead poisoning. But it was also actually stabilized with horse dung, which isn't as popularized. So, all these fine women were putting horse poop all over their faces, and lead, and vinegar.

Justin: Ugh.

Sydnee: To look beautiful.

Justin: Wow. The standards of beauty certainly have changed in—

[Sydnee chuckles]

Justin: — the intervening years, hey? I want to hear more about, uh... I don't. Okay? I— I accept that I'm going to hear more about this, but I—

Sydnee: Oh, you are. There's so much more to come.

Justin: I'm gonna come up for air real quick to tell you all about the MaximumFunDrive. the address, let me get it out there early and often, it's MaximumFun.org/donate. Sydnee, why should I give money to the MaximumFunDrive?

Sydnee: Well, you should give money, if you can, to the MaximumFunDrive because obvious reasons, it helps to support us, making the show that I'm hoping you enjoy, 'cause you've been listening to it for a little while now.

Justin: Yeah.

Sydnee: So— so it helps us make our shows, as well as all of the other wonderful hosts on the MaximumFun network create their wonderful content. It also makes you feel super good when you listen.

Justin: That's true.

Sydnee: Knowing that you've had a hand in, in this creation. But, on a more practical level, we'll give you some gifts.

Justin: Oh, cool.

Sydnee: So, if you can become a monthly member at different levels, there are different levels of gifts, at \$5 a month, you get all kinds of bonus content.

Justin: Oh, yeah.

Sydnee: So—

Justin: There's days of stuff on there.

Sydnee: Exactly. That's not just the bonus content that we've recorded this year, which you've probably heard us talking about, like our ASMR episode.

Justin: Researched by me.

Sydnee: And— and— ASMR'ed by me. [chuckles]

Justin: Featuring a virtual, holophonic audio, doctors visit with Sydnee McElroy at the end. [chuckles]

Sydnee: so—

Justin: Which people have been— like, a lot of people have dug it, a lot of people have f— f— figured out that they're completely freaked out.

Sydnee: Yes.

Justin: By— by that kind of content, so. It'll be interesting to see what— what you at home think.

Sydnee: Yeah. You're gonna have a response to— to one extreme or the other, so check it out. so that's at \$5 a month, all that bonus content, not just our show, all the shows. at \$10 a month, you're gonna get one of our

Drive-exclusive MaxFun bandanas. They're all featuring art by Megan Lynn Kott. There are 22 different designs, each representing our shows, so you can pick which design you like best, which show you like best.

Justin: You know it's gonna be *Sawbones* though, come on.

Sydnee: The *Sawbones* one is pretty cool. So, that's at \$10 a month. At \$20 a month, you're going to get the MaxFun Adventure Necessities Kit.

Justin: Yeah. And that comes with toilet paper, hot cocoa, a multi tool, and a paracord bracelet. you also get the bandanas and you get the— all the bonus materials. You get all that stuff.

Sydnee: Yeah, that's important to remember. At each level, you get everything from the levels below that, as well. and at \$35 a month, you're gonna get the MaxFun thermos with travel tumbler, as well as the Adventure Necessities Kit, and the bandana, and all the bonus content we've already told you about.

There are also levels at \$100 a month, you can get membership in the Inner Circle, which is a monthly culture club, as well as \$200 a month when you get free registration to MaxFunCon 2017.

Justin: Yeah. It— it— I'll— and— You know, something that a lot of people don't realize is that the money that you donate to the MaxFunDrive is not just getting sent to some faceless podcasting conglomerate. No, no, no. You pick the shows that you listen to. You indicate the shows you listen to, when you register for the drive, or when you upgrade for the drive, you can do that too.

And when you do that, you can change the show— shows that you listen to. So, the shows that you picked, that you say you listen to get the majority of the money that you donate, goes straight to those shows that you're supporting directly. It's not, uh— You know, you are directly supporting the shows that you listen to, which is a really cool way to show that you appreciate them and— and hugely helpful.

Sydnee: And if you are already a, a donor to MaxFun, first of all, we want to say thank you. Thank you so much—

Justin: Mm-hmm.

Sydnee: For contributing to our ability to make these shows, to continue to do what we do, hopefully do it better, and to expand the family of shows that we do. and if you are in a position to upgrade this year, that would be awesome as well.

Justin: Yeah.

Sydnee: And then you're eligible for the gifts that we've already mentioned.

Justin: So, MaximumFun.org/donate is the address. So, all right, Syd, let's hear about more poop.

Sydnee: All right. So. The Bedouins. They we're going to talk about them because this was a, a group of people who would— who knew that camel dung was useful for dysentery. and—

Justin: Is it?

Sydnee: Well, they claimed that—

Justin: Okay.

Sydnee: — eating warm, fresh camel-dung—

Justin: Mmm.

Sydnee: Warm, fresh.

Justin: Just grandma used to make. Yeah.

Sydnee: Get that in there. Warm, fresh camel-dung would be a good cure for dysentery. And that's interesting, and we— and you know, when you see something like this hang around, by the way, when you see something like

that persist in a culture— now I know I've said before that just because humans keep doing something doesn't necessarily mean it's a good idea, but when humans are doing something as seemingly strange and clearly yucky as eating camel poop, you gotta step back and think, "Do they know something? [chuckles] Are they onto something?"

So, the reason we're talking about the Bedouins is because the German soldiers in World War II who were stationed in Northern Africa observed this and also observed that they didn't get dysentery at the same rate that the German soldiers were.

Justin: Okay.

Sydnee: So they also began eating camel dung for dysentery.

Justin: Kind of like if you saw Ricky jump off a bridge, would you jump off a bridge too?

Sydnee: According to— to records, reports that it actually did work.

Justin: It's a m—

Sydnee: It was helpful.

Justin: M— miracle.

Sydnee: Yes, yes. It was a miracle cure. It was definitely helpful. they actually later would— the German scientists would go on to try to isolate the bacteria from the camel dung that was actually making it helpful.

Justin: Mm-hmm. To save you the— all the work of—

Sydnee: Yes.

Justin: Eating fresh— fresh, hot camel-dung.

Sydnee: Of eating fresh, hot camel-poop. they— they figured out what, you know, what was the science behind it, why was it working. And we're gonna

talk a lot about good bacteria at the end of this and why eating poop may have actually been helpful sometimes. Not that I'm telling you to go eat poop. I'm just saying.

Justin: Just, yeah.

Sydnee: But this leads into a— a really weird little side story that isn't purely medical, but I think is pretty fascinating. So, the German soldiers saw this and began also partaking in camel dung. so much so, and it— and it worked for them so well that camel droppings became this kind of good luck charm for the German Army.

And so, one thing they would do is if they would see camel droppings somewhere, they would try to steer their tanks to run over them, kind of like a— like a thing, like you know how—

Justin: Like you're trying to hit a pop bottle on your car that you see on the highway? Like—

Sydnee: Yeah, that kind of thing.

Justin: "Oh, I wonder if that's gonna make a cool noise when I hit it?"

Sydnee: Yeah, or like you jump up as you go through a door frame to try to hit the top of the door, something like that.

Justin: You're just bored. Yeah.

Sydnee: Yeah, some weird thing to do.

Justin: I hear you.

Sydnee: And it had something to do with good luck. And so anyway, so the— the German tanks would try to run over the camel dung. Americans noticed that the German would do this.

Justin: Mm-hmm.

Sydnee: And so what did— what did we wily Americans do? We started making landmines that were disguised as camel dung.

Justin: Oh, no.

Sydnee: Yes.

Justin: You can't— that's so terrible, ruining one of their simple joys.

Sydnee: [chuckles] I think we could— I think we'll just get— we won't get into a conversation about the, you know—

Justin: The—

Sydnee: The ethics of the— of World War II.

Justin: The ethics of war? Yeah, yeah.

Sydnee: We'll— we'll just, we'll leave that off this table. I'm just talking about camel poop and landmines.

Justin: Got it.

Sydnee: So, when the— so when the Americans noticed, they started making landmines look like camel dung. When the Germans caught onto that, they started avoiding fresh piles of camel dung because they might be landmines, but running over already run-over piles of camel dung, once it had like tank tracks through them already—

Justin: Sure.

Sydnee: Because then clearly those were okay.

Justin: Yeah.

Sydnee: So then the Americans started noticing that, and they started making landmines that looked like camel dung that had already been run over by a tank.

Justin: God, did they— Was nobody shooting anybody?

[Sydnee laughs]

Justin: Like, seriously? You guys are paying a lot of atten—

Sydnee: This is the weirdest game.

Justin: Yeah, yeah.

Sydnee: Anyway.

Justin: It sounds like trolling more than warfare to me.

Sydnee: [laughs] So, so the point is that people were eating camel poop, but there you go, there's your little—

Justin: There it is.

Sydnee: There's your little weird, historical side-story. Both horse and cow manure have been used, n— not just throughout history, but more recent times, to filter water.

Justin: Hmm.

Sydnee: So, in a sense of medicinal kind of use as a— as a hygiene kind of use.

Justin: Seems like a stretch, but okay.

Sydnee: There's certain bacteria that can help remove impurities from the water, especially like chemical kinds of impurities and that kind of thing. So—

Justin: Are you telling me that's on point too?

Sydnee: Yeah, there's actually— there's science behind it.

[Justin sighs heavily]

Sydnee: I'm not saying you go to this, like in— in lieu of other options.

Justin: Like there are probably better filters—

Sydnee: Yes.

Justin: Than cow poopy.

Sydnee: But— but in some places where there aren't better options—

Justin: Okay.

Sydnee: It's been used. and before I talk about— I want to get into like current use, because there is. Hold on, there is current—

Justin: It's still hot. It's still hot and fresh.

Sydnee: Yes.

Justin: Like camel dung.

Sydnee: [chuckles] But I want to talk a little bit about some of the animal stuff, because we don't do a lot of veterinary medicine, largely because, like—

Justin: You don't know anything about it.

Sydnee: I don't know anything about it. [laughs] I'm not a veterinarian, I don't know anything about it. I only know about humans. But this is not—

Justin: It's like a sub layman level of understanding of the animal body, right? Like, you have absolutely no idea about animals, right?

Sydnee: Like do you think I have less than the average person knows about animals?

Justin: Like you less than the average person knows about animals. It's like, you think they're all just gears and blood in there.

Sydnee: N— no.

Justin: Okay, so you would say you have an average—?

Sydnee: Like, I figure they have organs and stuff, I just don't know...

Justin: Well, then your first lesson is complete.

Sydnee: [laughs] So, this— this whole concept o— of eating poop and using poop as medicine and— and kind of taking poop from one creature and putting it in another creature to make it better, this is not that strange. If you're a veterinarian. This is not that foreign of a concept.

Justin: 'Cause veterinarians, as we all know, are nasty.

Sydnee: [laughs] I'm not saying. I'm not saying that.

Justin: Nasty.

Sydnee: I'm not saying that. I'm saying they know about animals and I don't. on a very basic level, this is partially why some, well probably entirely why, on a biological level, why some animals eat their mom's poop. Did you know that some animals do that?

Justin: No. I'm c— I'm absorbing these two concepts simultaneously. Excuse me.

Sydnee: Okay. Some animals eat their mom's poop.

Justin: All right. Got that, it's in there.

Sydnee: Like hippos, koalas, pandas, elephants. the reason that they are driven, I mean, 'cause obviously it's not like they say like "Hey mom, what's that?"

Justin: Yeah, "Go ahead".

Sydnee: "Can I try it?"

Justin: "Oh, he'll learn. It's all right, Vicky. Let him try it once."

Sydnee: [laughs] It's because they're born with sterile guts, meaning that their GI tract doesn't have any bacteria in it. And so, eating their mom's poop populates their GI tract with good bacteria that they need.

Justin: Is that—

Sydnee: To help break down—

Justin: Is that— is that probiotics?

Sydnee: Food.

Justin: Is that what probiotics is?

Sydnee: Yeah. That's like probiotics.

Justin: All right.

Sydnee: It's good bacteria going in your gut. So that's why animals do that. so there's already kind of a basis for this in the animal kingdom. and then in 17th century Italy, this is how far back we see veterinarians putting this concept to use in animals, taking, kind of, the fecal material from one animal to give to another one to help cure it if it is ill. and where we see this done, mainly, when I— when I talk about fecal material in this sense, it's a little different. You know animals that are ruminants?

Justin: No.

Sydnee: That ruminant their food? They like chew it up and it like, swirls around in their first stomach, and then it's broken down.

Justin: Okay. Yeah, yeah, yeah.

Sydnee: And—

Justin: Yeah.

Sydnee: like sheep and cows? You know?

Justin: Multi chambered stomachs that—

Sydnee: They're ruminant animals?

Justin: Yeah.

Sydnee: Okay. you could take ruminant material from one animal, from one cow, let's say, and you can put it in another cow if they're sick to like help 'em get their gut flora right.

Justin: Huh.

Sydnee: That is called "transfaunation", and literally, we have been doing some version of this since the 17th century.

Justin: Wow.

Sydnee: Because it helps make them better. Like we're not doing weird experiments on cows and sheep like th— it helps make them better if they're sick or whatever.

Justin: Yeah. All right.

Sydnee: So this is not a new concept in the veterinary world.

Justin: It's a real concept.

Sydnee: It is a real— Oh, yes.

Justin: It's not fakey fake medicine at all?

Sydnee: No, no.

Justin: It's— it's real medicine.

Sydnee: This is— No, this is real. And so, if you— if you take all this that I've— I've informed you about, and you take all this stuff that we used to do to humans, all these weird uses of poop as medicine throughout history, like with— with— Seemingly, you would think, you know, like, "Why would you do that? Why would these people have ever done that?"

And then you— you observe this in the animal kingdom, some smart people began to put this all together and think "Maybe there's some— maybe there's some real science here."

Justin: Some smart, brave people.

Sydnee: Yes.

Justin: Yeah.

Sydnee: Again—

Justin: With iron-clad stomachs.

Sydnee: Again, you gotta figure, for this— for this to hang around, somebody knew— somebody suspected something, right?

Justin: Right. Yeah.

Sydnee: So in 1910, a doctor started documenting that they were injecting a bacillus bacteria, which a certain— a certain kind of bacillus that was found in poop, that was found in human feces, in large numbers, into the rectum of some of his patients who had these chronic infections, these like chronic diarrheal illnesses. Were not getting better, so he started taking cultures of this bacteria, injecting it directly into the rectum right?

Justin: Mm-hmm.

Sydnee: Right up their butts, and he noticed some success in stopping these infections and kind of s— what he thought was putting in there something that they were lacking, something that humans who had healthy poop have lots of.

His theory was that these humans who had diarrhea did not have lots of it, and so he was trying to give them back something they needed. And this was all based on like “I don't know, maybe this'll work. Maybe this is what they're missing”. I don't know. Kind of figuring things out.

Justin: Okay.

Sydnee: In 1958, we see the real breakthrough with this. So there was a team of surgeons in Colorado who were taking care of some very, very sick patients. later, we would figure out that these patients had something called C. diff, or Clostridium difficile colitis, which I'm gonna talk to you quite a bit about. But at the time, all we knew was that these people were quite ill.

They had diarrhea, severe abdominal pain, and when I say diarrhea, I don't just mean like their poop was runny or they went to the bathroom a few extra times. I mean... having accidents on themselves, constant, watery—

Justin: There's no control. Yeah.

Sydnee: Un— uncontrolled, nonstop diarrhea. they had high fevers, and they were quite, quite sick people. So, what these doctors did was take poop from healthy people and give enemas using this poop to the sick people. So you know, usually an enema, you squirt like water, soap sudsy water, or something like that, up somebody's butt in order to—

Justin: Mm-hmm.

Sydnee: Clean everything out and then flush it all back out, right?

Justin: Mm-hmm.

Sydnee: So it can be a way of like, if somebody has constipation and they're impacted, or whatever, and you need to get the poop out of there. Well, instead of flushing it with water, they flushed it with...

Sydnee & Justin: [simultaneously] Poop.

Justin: Okay, yeah.

Sydnee: And these people got better.

Justin: Woah, that wasn't the sentence I expected you to say next.

Sydnee: No. These patients got way better. and everybody realized that we were onto something.

Justin: Poop.

Sydnee: [laughs] So, let me tell you real quick a little bit about C. diff. Do you want me to tell you a little bit about C. diff?

Justin: I would love to hear more about C. diff, Sydnee, but first, I want to tell you about the MaximumFunDrive. It's a lot more pleasant than C. diff, I assure you.

Sydnee: I would hope so.

Justin: It's a lot easier, too. You just go to MaximumFun.org/donate and then you choose which donation level you can help us out at. Like I said, if all you can afford is \$5 a month, that's huge. It's— [clears his throat] we talk a lot about how something is so much bigger than nothing, even if \$5 is the most you can do, it still is such a huge help to all of us, because enough people giving that amount of money, it— it adds up and it helps us to keep the lights on here at MaximumFun.org. And I really believe in the— the work that, not just our show, but a— all the shows on the network are doing.

They help a lot of really cool people make cool stuff for other really cool, kind, considerate people. And we've been really lucky to be a part of the— the MaxFun family, the McElroys, I should say, for over five years now. So,

we— we love being a part of it and we love th— this time of year. normally I don't like pledge drives on— on like public radio or whatever, but I really like this one. Not just because I'm the beneficiary. [chuckles]

[Sydnee laughs]

Justin: Although that certainly— You could be forgiven for— for jumping to that conclusion. But the listeners to this network are always so—they're the most vocal about it. And it's amazing, because they listen to all these shows, and as soon as the drive starts, they're the ones that are championing it.

Like, they're the ones that are saying "Hey, you gotta get out there and donate," and it— it's really amazing to look at the MaxFunDrive hashtag and to see all the people who are, who are encouraging others to donate.

Sydnee: Well, when we— when we talk about our MaxFun family, we're not just talking about those of us who actually create content for the network. We're talking about all of you who make that possible.

Justin: Mm-hmm.

Sydnee: We're, you know, I mean, y— you, when you— by donating, we, you— Hey, by listening, we welcome you into that MaxFun family.

Justin: Mm-hmm.

Sydnee: because you— you have a hand in— in making this possible and— and hopefully, you enjoy what we create with that and— and keep expanding, and hopefully make it better.

Justin: Now, maybe you are not in a place where you can donate money. Believe us, like A, we have so been there.

Sydnee: We've been there.

Justin: Ooph.

Sydnee: I was a poor medical student for quite a while. [chuckles]

Justin: We have been there. Trust us. We have been there. we— But, if you— if you can't— if you could help us by spreading that link around, MaximumFun.org/donate, and telling other people why they should donate and help us to get awareness out these last couple days of the drive, that would be amazing, too.

Quick reminder, for \$5 bucks a month, you're gonna get a huge amount of bonus content. \$10 bucks a month, you get that plus a— a cool show-themed bandana of your— of your choice. For \$20 a month, you get the MaximumFun Adventure Preparedness Kit, which has toilet paper and— and a paracord bracelet, and hot cocoa mix, and...

Sydnee: Multi tool.

Justin: A multi tool, all with like the MaximumFun logos on them. Not the toilet paper. That would be madness. [chuckles] And uh—

Sydnee: [laughs] I mean, you can draw it on there if you—

Justin: Yeah, if you want.

Sydnee: Feel inclined.

Justin: if you could do one of those donation levels every month, it is— it is seriously so hugely helpful and— and it means so much to us. So, MaximumFun.org/donate is the address. Please, we've only got a couple more days and we only do this once a year, so please go right now and make your pledge. Thank you so much. Sydnee, tell me about C. diff. While— while they're donating, whisk them away with your tales of C. diff.

Sydnee: [laughs] That's right, the MaximumFunDrive more pleasant than C. diff. Can that be our new— Can we as Jesse if that can be our new tagline?

Justin: I don't— I don't know if that's gonna catch on.

Sydnee: Okay.

Justin: I don't know— I don't know that's gonna get a lot of heat.

Sydnee: Just ask him.

Justin: Yeah it's worth a shot.

Sydnee: Just— Okay. So, Clostridium difficile is a bacteria that you have some of, probably, in your colon, but you shouldn't have a lot of.

Justin: Okay.

Sydnee: And this has to do with— I've talked about this a little bit on the show before. bacteria are super important to our bodies. You know, I've been saying that we're more bacteria than human, and I got— I got an email about that— that there've actually been new studies that maybe it's— maybe we're even.

Justin: Huh.

Sydnee: Maybe we're equally bacterial and human. So, there you go. Although I really like that we're more bacteria than human.

Justin: Yeah, I like it a little bit. [snorts]

Sydnee: Maybe I'm— maybe I, like, I am, just by one. Like, by one bacteria.

Justin: Yeah. Just slightly.

Sydnee: Just slightly—

Justin: Yeah.

Sydnee: Tilted towards bacteria.

[Justin chuckles]

Sydnee: I think that's cool. Either way, the point is, we have a lot of bacteria and we need it. It's important. We have evolved with it, it does things for us. There are good bacteria inside you that you need to preserve and protect. So, when that good bacteria maybe gets wiped out, by let's say antibiotics.

Justin: Okay.

Sydnee: Or just your balance gets thrown off, like you were very ill, or nowadays, it's just out there, unfortunately.

Justin: Yeah.

Sydnee: C. diff, Clostridium difficile, can take over. And when it starts growing like crazy in your colon, you get really, really sick. You get something that we call "pseudomembranous colitis", where it's— it looks like there's another lining inside your colon that has been created by this nasty bug.

and the symptoms you have are that you have— like I've talked about, severe pain in your stomach, and lots and lots of diarrhea, and you're— you're very, very sick. These people often almost all the time end up hospitalized. It can lead to serious complications. one, called "toxic megacolon".

[Justin snorts]

Sydnee: Which is just as bad as you think.

Justin: It sounds really bad.

Sydnee: It is very bad. So, um—

Justin: I didn't mean to laugh, by the way, I'm sure people actually have had toxic megacolon, I don't mean to laugh at you, it's just a baffling name.

Sydnee: It is. It is. It's a very— it is a very descriptive term that is exactly like it sounds. Your colon stops working and becomes really big, and it's also super infected, and you require surgery.

Justin: Yeah.

Sydnee: It's a big deal!

Justin: And *Toxic Megacolon* is also my least favorite Syfy original movie, so that's another thing about it.

Sydnee: [chuckles] Although I am looking forward to when it takes on Sharknado.

Justin: Yeah.

Sydnee: Yeah.

Justin: That'll be— See those two go at it.

Sydnee: There are only— And this is the trickier part about C. diff, it is only susceptible to a couple of antibiotics. So, you know, there are a lot— people get a lot of different infections, and I think we're kinda used to living in the antibiotic era now.

Justin: Mm-hmm.

Sydnee: We have since the '40s, so we assume there's probably a pill for that, right?

Justin: Right.

Sydnee: Well with C. diff, there's really only two. And if those— and sometimes those don't work. And then we're in a real, we're in a real pickle.

Justin: Mm-hmm.

Sydnee: We're in a bad situation, because this is a bad infection and it needs to be treated, and sometimes the antibiotics aren't enough. and again, this used to only be seen in, like I said, patients who were either on an antibiotic before, or who were in the hospital, or maybe some sort of, you know, institution, lived around other people who were sick, like in close quarters, that kind of situation.

Justin: Mm-hmm.

Sydnee: Like maybe in a nursing home, or something like that, with the chronically ill. Now we're seeing it more and more common. And I've known, not just people I've taken care of, I've known a lot of people who have had C. diff. So it's out there in the community. So we've done a lot of research to try to figure out what else can we do, since antibiotics are not the silver bullet, so to speak, of this infection. And we've come up with an old, new solution.

Justin: I'm guessing poop.

Sydnee: Poop. So, fecal transplants.

Justin: Was this a hot topic at some point? I feel like in the past few years, I saw like a story about it.

Sydnee: There are lots of stories about fecal transplants. That's the thing, you may have heard of this because this was— once this became more well-known and popular, there were articles in lots of newspapers and science magazines because it was one of those things where...

We love this as like doctors and in— Not just doctors, but in the science community, when we stumble on something that everybody wants to hear about, because we think what we do is fascinating. Most of the time, people don't. [laughs]

Justin: Mm-hmm.

Sydnee: So when we talk about something like "Hey, we're gonna put somebody else's poop in you to make you better," and everybody goes, "What?"

Justin: "What?" Yeah.

Sydnee: We get all excited.

Justin: "Call *The Today Show*."

Sydnee: [laughs] So fecal microbiota transplant, or FMT, or just fecal transplant, if you prefer, can be used for especially resistant cases of *C. diff*. We usually don't jump to this. Usually we try the antibiotics first. And not all centers even do this, so I'm not even saying this is something necessarily available to you locally.

but we have a lot of good data that says that instead of trying to wipe out the bacteria *C. diff* with an antibiotic, like we normally do, if we put more good bacteria back in there.

Justin: Mm-hmm.

Sydnee: That you're— that you've lost, right? Cause *C. diff* has wiped it all out, it's kind of taken over.

Justin: Mm-hmm.

Sydnee: If we can repopulate your colon with that good bacteria that you used to have, it'll battle back on its own and fight back the *C. diff*, and get rid of the *C. diff*, and then your balance will be restored, and you'll stop pooping so much.

Justin: Awesome.

Sydnee: So, let's say that you want to do this.

Justin: I do.

Sydnee: You may be wondering how.

Justin: Yeah, I am. Yeah.

Sydnee: S— so first of all, we gotta find a donor.

Justin: Okay. Me. I'll do it.

Sydnee: You want to be a stool donor?

Justin: Y— you twisted my arm.

Sydnee: Okay, so you can be a poop donor. a lot of the time, we'll do this with somebody who's like close to you, like a— like a friend or family member, especially somebody who lives in the same house, maybe has a similar diet, or a similar gut flora.

Justin: Well, if you're gonna let `em poop, if you're gonna let `em poop inside you, I think they should be pretty close to you.

Sydnee: [laughs] It doesn't have anything to do with genetics or anything, though. It's not like tissue samples or things where we have to find, like, matches. There's no matching.

Justin: It's just like, who— who's poopy isn't gonna keep you u— up at night, right?

[Sydnee laughs]

Justin: It's a psychological thing.

Sydnee: Exactly. It's who you feel comfortable asking for their poop. It's not like a blood typing thing.

Justin: Yeah.

Sydnee: usually it's somebody known to you, although it doesn't have to be, as I'm gonna talk about. we take about two to 300 grams of your poop. We're gonna put it in a blender.

[Justin sighs heavily]

Sydnee: There's fancier equipment, I'm sure, in labs, but let's just be honest, it's a blender.

Justin: Big blender that costs \$150,000.

Sydnee: [laughs] Mix it with normal saline, and then introduce it. Hopefully we can do it via an enema. Into the patient, or if not, sometimes we have to do it via what we call a nasogastric tube, or an NG tube. Nasogastric. Now Justin, can you guess where this tube goes?

Justin: From your nose to your stomach.

Sydnee: That's right. So, if you have to—

Justin: Ahhhhh, I hate it. I hate it.

Sydnee: We can—

Justin: it's the worst path it could take.

Sydnee: We can put the poop soup through the nose and into the stomach.

Justin: Can't, can't, can't, can't, nope, nope, nope, nope, nope.

Sydnee: Justin, don't you laugh. This saves lives.

Justin: I'm not laughing, Sydnee!

[Sydnee chuckles quietly]

Justin: What about my demeanor, my composure, my whole, my whole way of being right now is— is in any way even in the same country, the same continent as laughter? It is not. This is despicable.

Sydnee: Now, I'm sure right now at home you're wondering, "That sounds great, how can I make money off this?"

Justin: Heck yeah.

Sydnee: [laughs] How—

Justin: I had some c— tough college years.

Sydnee: "How can I be—" What I'm thinking is that, yeah, you talk about college years, if you were willing to donate plasma.

Justin: Well, look, just like that, you're gonna have money for MaximumFunDrive.

Sydnee: Well, how much easier would it be to donate poop?

Justin: Much. I bet.

Sydnee: Everybody poops.

Justin: But nobody wants your dirty, college-student poopies anyway.

Sydnee: [chuckles] You can get paid for this, donating poop. Usually about \$40 bucks a sample.

Justin: Nice. Every time? I'm gonna be rich.

Sydnee: Now— [laughs] Yeah, every time. Yeah, really.

Justin: Stop it. Don't. No.

Sydnee: You can— you can only use certain donors for this, by the way.

Justin: Yeah. Pristine.

Sydnee: So it's not just— not just everybody's poop is, is acceptable.

Justin: Everyone poops, but not everyone poops good enough for this.

Sydnee: [laughs] That's actually— that's actually true. It's actually something, like, of the people who apply, like 3% actually quality.

Justin: It's very— it's very prestigious. It's the *Fame* high school of pooping.

[Sydnee laughs]

Justin: Like, it's the Julliard of pooping.

Sydnee: [laughs] Every, I mean, everybody's good at something.

Justin: Yeah, find your thing early and chase your bliss, that's what I say.

Sydnee: there v— these donors are very rigorously screened. you have to go through stool tests to make sure you don't have C. Diff yourself, or other sorts of bacterial infections, th— those kinds of things. parasitic infections. there are a lot of blood tests for— kind of more of the common bloodborne illnesses that you worry about.

Justin: Mm-hmm.

Sydnee: We check for those. also like syphilis. Syphilis is one of those. In addition to like a history and physical, and a— to ask you about like your diet, and your usually pooping routine, and what your poop is like, and that kind of stuff, to make sure you're not sick.

Justin: Yeah.

Sydnee: they can only use certain of your poops, so even if you pass all that criteria and you are one of these, like Holy Grail of poopers, you're one of the poop donors, you still— some of your poops may not be acceptable. So let's say you had some like Chipotle. And it's like—

Justin: Stop it.

Sydnee: Like really runny, maybe.

Justin: How dare you.

Sydnee: Sorry. I don't mean to insult Chipotle. Let's say that—

Justin: Now, Chipotle earned it. They been doing some dirty things.

[Sydnee laughs]

Justin: They're trying to get better, but they had like a rough time for a little bit.

Sydnee: So, they use something called the "Bristol Stool Chart". There is a chart—

Justin: Like, Taco Bell's right there, Sydnee. Obviously Taco Bell.

Sydnee: Sorry.

Justin: That's— that's what you go after.

Sydnee: Well, I knew Chipotle had problems.

Justin: Chipotle's trying to get it together, Sydnee.

Sydnee: I'm sorry.

Justin: Get off their back.

Sydnee: I— I'll still eat either way. I don't care.

Justin: Yeah, I'll eat them both. I don't even—

Sydnee: I'm not picky. [laughs]

Justin: I'm not— Yeah, I don't care.

Sydnee: So, there's a chart, there's a chart of poop that you need to know about. You can look up a picture of this. It's called the "Bristol Stool Chart".

Justin: On the Billboard Top 100 right now.

Sydnee: And it—

Justin: Is these kids today with their boom, boom, boom, I don't understand it.

Sydnee: [chuckles] It goes from one—

Justin: "Chart of Poop". That's what I call it.

Sydnee: One to seven. One being the hardest, like the little pellet poops, you know, when you're real constipated, seven being like real runny diarrhea. And so everything is in between. If your poop is a one or a two, it's too hard, can't be used. If your poop is a six or a seven, too runny, you might be sick. Still can't be used. Three to five is all we can use.

Again, Bristol Stool Chart. [laughs] If you're interested, look it up. You can see a picture of the poops that are acceptable of poops three to five.

Justin: "So, Dr Bristol, what are you going to name your chart?"
"Well, I'm going to name it after myself."

[Sydnee laughs]

Justin: "I'm so proud of my chart of poop hardness that I'm going to name it Bristol's Very-Special-Poopy Chart."

Sydnee: When I— could I just say I, when I first learned about this, I still remember in my third year of medical school when our gastroenterologist taught me about this chart. I thought it was a joke. I really thought it was a joke.

Justin: How? Well, Sydnee, how did this man get to n— or woman, I— but let's be honest, probably man on this one.

Sydnee: It may have been named for a place. I think it may have been named for a place— the place Bristol. I'm not even sure.

Justin: Why do we even need to quantify this? This is not, like... like poop is either hard or not hard. Like it's— you don't need a ch—

Sydnee: Oh, no. There are seven layers of poop. [laughs]

Justin: Yeah, apparent—

Sydnee: Yeah.

Justin: Apparently.

Sydnee: Of poop hardness.

Justin: Okay. I've indulged you long enough. Please, please, no more poop facts.

Sydnee: Okay. So, so, let me— let me just finish up with this, 'cause this is really exciting. This— it really is. This is a big, exciting area of medicine, I mean, to me. there are cases where— So once we take these perfect poops, these three— Bristol three through fives, from the right donor, everything's good. Like I said, we can treat C. diff with this and there's been a lot of success from this.

It really has. Like there's— this is evidence based, I'm not just making this stuff up. there are also cases where it's been used successfully for other kinds of colitis, things like ulcerative colitis, which is like an inflammatory bowel disease that you just have. This would be huge if we could keep people in remission, we say longer, in between flares. That's similar to Crohn's disease, that people can have flares of.

Justin: Mm-hmm.

Sydnee: Same kind of idea, ulcerative colitis is something very similar. that's— it's— we haven't proven that as much yet. We have some case reports, but there's evidence that maybe we could look into this further. in some other countries, they're doing this a lot more, particularly Australia. They're doing a lot more of this, and so they've got more data.

It's still being evaluated for this, so we're not sure. And the FDA is still trying to figure out how to regulate it. Because the question is, is this a drug, which is regulated a certain way through the FDA, or is this more like a tissue sample, or a blood product? How do you regulate poop?

Justin: I don't know, you need a special commission.

Sydnee: [chuckles] Nobody's exactly sure. And so right now, it's still considered somewhat investigational and there's certain guidelines that you have to follow. there are donor banks. So while yes, you can get it from, you know, if you're having this done by a physician locally, they may have one of your family members donate, or a friend, or somebody. there is a place in Boston called Open Biome, which is a poop donor bank.

Justin: Awesome.

Sydnee: Where they keep tons of freeze-dried poop.

Justin: Just—

Sydnee: Like, perfectly preserved from— from the— all these approved donors that we talked about.

Justin: Great poops, too. They're best-of poops.

Sydnee: and they ship it, [chuckles] they ship it all over the world. I think like seven different countries so far, something like that, have— have gotten poop and then almost every state ha— has gotten samples of poop from Boston that saves lives.

Justin: "And so, sharks, in conclusion, I'm looking for..."

[Sydnee laughs]

Justin: "\$100,000 for 20% of my poop mailing business. Thank you."

Sydnee: Can I just say, you'll find online, and in— maybe even your pharmacy, kits to like DIY this.

Justin: no. Thank you.

Sydnee: I wouldn't recommend it. It's just not, you know.

Justin: Yeah.

Sydnee: It could go horribly wrong.

Justin: Really, really bad.

Sydnee: I— I wouldn't do it yourself. I would actually go talk to a doctor if— if your physician isn't familiar with it, or if, you know, this is just not something done locally, 'cause it might not be, this isn't done everywhere. There are other doctors who can, you know—

Justin: Yeah.

Sydnee: They can refer you to specialists who can do this at the referral centers. Obviously, this isn't something we jump to quickly. It's still under investigation. I'm not saying it's the answer to all our prayers, I'm just saying it's a really cool area of research right now. And we've known about it for hundreds and thousands of years!

Justin: Thanks, poop.

Sydnee: Thank you, poop.

Justin: Sorry we've given you such a hard time.

Sydnee: There you go. I'm not saying poop again for the rest of the year.

Justin: Yeah, that's gonna do it. and that's gonna do it for us, too. one more time, please, this is our last chance to— to hit you up with cash this year and it would just mean the world to us if you'd go donate. MaximumFun.org/donate. right now, pledge just \$5 bucks a month if you— if you can, and— and help us, keep this network going. thank you to The Taxpayers for the use of the song “Medicines” as the intro and outro of our program.

Sydnee: Thank you, at home, so much for listening to our show, for supporting us—

Justin: Absolutely.

Sydnee: — just by downloading every week, and tweeting at us, and— and emailing me, and— and everything that— We really appreciate it and, and again, if you— if you can, if you're in a position to donate to our show, our network right now, MaximumFun.org/donate. We super appreciate it.

Justin: And that's gonna do it—

Sydnee: Still better than C. diff.

Justin: Still better than C. diff. That's gonna do it for us, folks. Until next Wednesday, my name is Justin McElroy.

Sydnee: I'm Sydnee McElroy.

Justin: And as always, don't drill a hole in your head.

[outro music plays]

[ukulele chord]

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