

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

**Shohreh Davoodi:** What's up? You are listening to episode number 30 of the Redefining Health & Wellness podcast in which the Girl Gang is back and better than ever! In case you've forgotten, the Girl Gang is made up of myself, Ally Ridnour, and Tiffany Cunningham, and we are three real life friends. In this episode we unleash our unladylike fury to talk about things like pooping, periods, farting, sex, cursing, and more.

While hilarity absolutely ensues, being able to openly and honestly discuss these kinds of topics in a world that says they're inappropriate and gross is really important. To access the show notes and a full transcript of this episode, head to [shohrehdavoodi.com/30](http://shohrehdavoodi.com/30). That's [shohrehdavoodi.com/30](http://shohrehdavoodi.com/30).

[Music plays]

Hey y'all, welcome to the Redefining Health & Wellness podcast. I'm your host, Shohreh Davoodi. I'm a certified intuitive eating counselor, and a certified personal trainer. I help people improve their relationships with exercise, food, and their bodies, so they can ditch diet culture for good, and do what feels right for them.

Through this podcast I want to give you the tools to redefine what health and wellness mean to you. By exposing myths and misconceptions, delving into all the areas of health that often get ignored, and reminding you that health and wellness are not moral obligations. Are you ready? Let's fuck some shit up.

Bitches, the Girl Gang is back! [Laughter] The Girl Gang is back.

**Ally Ridnour:** That's aggressive!

**Shohreh:** It was aggressive [laughter]

**Tiffany Cunningham:** Really aggressive!

**Shohreh:** Too bad, this is...

**Ally:** an aggressive episode, so, it tracks.

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Shohreh:** This is an aggressive episode. So, if you've been listening to the podcast for a while, you may remember episode number 12 in which the Girl Gang talked all about bisexuality, which has been one of the most popular episodes to date, mostly because Ally and Tiffany are hilarious, and also, people are interested in bisexuality – go figure! But today we're gonna change things up a little bit. We are going to be chatting about basically everything that is unladylike. So all the shit that women aren't supposed to be talking about [laughter]—
- Ally:** Literally.
- Shohreh:** --we're gonna do that today.
- Tiffany:** Literally!
- Shohreh:** Starting with literal shit.
- Tiffany:** [singing] Let's talk about poop, baby!
- Shohreh:** Let's talk about poop [laughter]. Yes, well first, Ally and Tiffany, how are you, how's it going, what's up?
- Tiffany:** I feel like that based on my poops today, my mental health is pretty good, so. Overall, I'm doing fantastic [laughter].
- Shohreh:** Excellent, Ally, do your poops tell you how your day has been going?
- Ally:** Do you know what, they do, they really set they tone. And I had a fantastic poop before we got on this call, so I'm feeling good, I'm feeling really good. I had one of those no-wipe poops, you know what I mean?
- Shohreh:** Mmmhmm.
- Tiffany:** Ooh, those are nice.
- Ally:** Yeah, strive for those. I know when I have one of those it's gonna be a good day, so.
- Tiffany:** The consistency of pooping is very important and we were just, I was just saying before we got started that my therapist is very into talking about how your physical and like digestive health is affecting your mental health.

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

And it's like, we'll sit there and have conversations about how was your BM and what was its consistency, was it more like a banana or was it more like peanut butter?

**Ally:** Ohhhh.

**Shohreh:** Ughhhh.

**Tiffany:** Nobody wants a peanut butter poop.

**Ally:** No, you don't, you really don't [laughter].

**Shohreh:** For those who don't know, there is a poop chart out there that basically shows the different kinds of poops and like which one you want to strive for. And I will link it in the show notes because if you've never seen it, it is like enlightening to see that cause as Ally was saying;, in an ideal world you wanna have one long, solid--

**Ally:** Log.

**Shohreh:** It's a log basically and if it goes well, you won't even have anything when you wipe, like there won't be anything left over, which is always really nice, 'cause those poops where you have to wipe and wipe and wipe, like fucking suck.

**Tiffany:** Ally, can I ask you what you've been eating because that sounds like a really amazing poop and I want to strive for it [laughs].

**Ally:** Okay, I have to be honest; I don't know what change I have made in my life because I was not always a good pooper. I used to be very irregular, and now I'm extremely regular and I would say like 90% of the time I have like a no-wipe poop. I still wipe, okay, nasties, like I still wipe [laughs] -

**Tiffany:** No, no, I'm like this is fantastic and I definitely want to strive for it.

**Ally:** No, that was just for anyone that's listening, that's like, this bitch doesn't wipe her butt, like I do, just to be clear [laughter].

**Tiffany:** No, it's just that, it's that wonderful feeling of like, oh, I only have to use a little bit of toilet paper and it's just, you know?

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

**Ally:** Yeah, I think it's like the right balance of fiber, like not too much, because if you have too much you're gonna get a little bit like soft, but if you don't have enough, then you're gonna be like constipated. So I think it's like the right balance of it. I eat a lot of carbs; I don't know [laughs].

**Shohreh:** I also eat a lot of carbs and have pretty good poops, but for me, my poops actually got much better as I kind of transitioned more plant-based, towards more vegetarian/vegan.

**Ally:** You know what, same, same.

**Shohreh:** They were really bad when I was eating a lot of meat and dairy, like that was when they were the worst. So I find the more fruits and vegetables and whole foods that end up in my diet, my poops tend to be better.

**Tiffany:** Definitely, like I've found that not only are my poops related to my eating habits, but they're also related to my sleeping, and my allergies, and if I've had, there are those things that are like the worst things, hangover poops, and I know we were gonna talk about period poop. There are some poops that just stand out as spectacular poop. And not in a good way [laughs]!

**Ally:** Yeah, I think it's Parks and Rec, I don't remember if it actually was an episode or if it was an outtake where Chris Pratt's character is talking about, he's like, I wipe, I wipe, I wipe, I wipe, still poop [laughter], do you know what I mean? He's like, it's like wiping the tip of a marker and like I always think about that if I have like a bad poop.

**Tiffany:** Oh no, now I will!

**Ally:** Like this is endless, and it makes me mad, like it's, it literally like upsets my whole day if I'm like having one of those where I'm like, wipe and wipe and wipe and wipe, and I'm just like, is there no end to this [laughs]?

**Shohreh:** I feel like I get that a lot when I'm on my period, speaking of period poops. Like period poops are the fucking worst, and that's not something they tell you when you're like a little person and they're like, oh, you're gonna have a period, you're gonna bleed, whatever. Nobody fucking mentions like the poop part.

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

**Ally:** I just was like explaining this to a male friend who doesn't have a period. You guys don't even understand because like enough people don't talk about it. Like the reason why me, personally, I'm cranky on my period is because my shits are disgusting [laughs]. And like y'all don't even know, so you don't even have like appropriate sympathy because you don't know what it's like to go and just like unleash hell into the toilet [laughter] and not feel any better afterwards. Like you don't know that feeling, it's god awful.

**Tiffany:** When I was going through the beginning of adolescence, even like into adolescence and okay, let's just say, when I was having a period, I would--- thank god for Mirena--but when I was having a period, like it wasn't necessarily like my shit. My shit was awful, but it was combined with this feeling of constipation that was like your period cramps.

**Ally:** Yes!

**Tiffany:** And you couldn't tell one from the other and it was this horrible clawing monster just sitting on your back the whole time.

**Ally:** Yeah, that's what I was explaining to my friend. I was like, imagine the feeling of you need to go take a shit, you need to take one right now, like you had something bad, say you ate something bad and it needs to come out right now. And you run to the bathroom and you let it out and then once you're done, that feeling is still there [laughs]. You still feel like there's poop in you!

**Tiffany:** Or you go to the bathroom and nothing happens and you're like, oh, this is not actually me needing to poop, this is just my entire uterine wall trying to detach itself [laughter].

**Ally:** Yeah, it's the fucking worst.

**Shohreh:** Yeah, and even if you do feel better after you poop, like your boobs are still gonna be sore and like you're gonna be crampy and gassy and like all that stuff too. So -

**Tiffany:** You're gonna be exhausted.

**Shohreh:** Periods suck!

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Ally:** They really do [laughs].
- Shohreh:** I think that leads us to our next topic that is unladylike, which is stuff that comes out of vaginas.
- Tiffany:** Which I find immensely humorous because the most unladylike things to talk about are the things that come out of ladies.
- Ally:** Right [laughs].
- Tiffany:** I wish someone, when I was younger, had told me all of the things that you need to do to take care of your genitalia when, in a way that meant, okay, you need to pee after sex. and if you get UTI it's gonna hurt like a fucking bitch [laughter].
- Shohreh:** Truth!
- Ally:** Yeah, and what it feels like to have one.
- Tiffany:** And what it feels like to have one. And it feels like it's different for everybody because there's people who get burning. There's itching. Then there's me who just has like a giant backache for weeks and weeks.
- Ally:** Aww!
- Tiffany:** And I have literally had this one experience where I went to go see my GP and my GP wasn't available, so I went to see one of these nurse practitioners who was a female.
- And she was like, oh, you don't have a UTI, that can't be a UTI. I'm like, no bitch; I have a UTI [laughter]. And I literally had to convince her to give me antibiotics, and then she was like, "Okay, well, I guess we'll do a pee test." And so I do the pee test, I go take my antibiotic, I start to feel better and then like three days later she calls me and she's like, "Oh, yeah, we got your results back, you did have a UTI."
- Ally:** Wow!
- Tiffany:** I'm like, jesus christ, bitch [laughter].
- Shohreh:** Um, yes!

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Tiffany:** It's so different for everybody; it's so different for everybody.
- Ally:** Yeah, going back to what you were saying, it's very ironic to me that all the things that are considered super unladylike, right, are things that come out of our literal vaginas. It just feels like this big injustice of the world where people that have penises want to put them into my vagina, but they don't want to talk about the things that are gonna come out of my vagina. If you want access to this hole, you need to know everything that is involved in it [laughs].
- Tiffany:** Yeah.
- Shohreh:** Seriously.
- Tiffany:** This is a valid thing!
- Shohreh:** You know what, so many dudes know nothing about discharge. They don't know -
- Ally:** Oh my god.
- Shohreh:** When I was younger, I would take my underwear off swiftly and hide it because I was like embarrassed that there was crusty stuff on the underwear you know. And now I look back at that and I'm like, that's fucking stupid that I felt like that was gross and I needed to hide it. Like someone was about to put their penis in my vagina, like they need to be able to handle that [laughs].
- Ally:** Yeah, I know exactly what you mean though, like I felt the same way. I'd be like, oh my god, there's stuff in my underwear. Yeah, of course there is.
- Tiffany:** There's an entire market for unhealthy feminine products that are supposed to make you smell better. Every person that has a vagina smells different. You have this entire industry devoted to making you smell better. If I'm going down on somebody with a vagina, I don't want it to smell like lavender.
- Ally:** Yeah, I want it to smell like pussy [laughter].
- Tiffany:** Yeah.

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Shohreh:** And also Tiff, as you mentioned, those products can be really dangerous and they can like screw up your pH, or send you to the doctor with an infection. So there's only very rare cases, and you will know if you have this, I forget what the condition is called, but it's where you actually have a very foul smell coming from your vagina, and it has to be medically treated. But again, you will know if you have this because I think the smell is like extremely potent, like even you can smell it, it's not just someone going down on you can. So, in all other cases, your vagina is just gonna smell like what it's gonna smell like.
- Tiffany:** Your vagina just smells like pussy. Yeah.
- Ally:** Yeah, and that's why I feel like we're doing this fucking episode, to speak for all the people out there that are like, feel bad about the way their vagina smells or feel bad, feel gross when they're on their period, or -
- Tiffany:** Or even just don't, they don't even know that the thing that's coming out of them is healthy. Because you know, you were saying, you reach down to feel someone's genitalia and it's wet and there's probably people out there that don't even know that that means that you're sexually aroused. If you are 'wet,' there's probably people with vaginas out there that are like, oh, this is weird, I don't know what's happening.
- Shohreh:** Well, and then equally there are men who think that just because you're wet means you're into it, like that automatically means you're consenting as well. Because that's obviously a big rape culture issue -
- Tiffany:** It is.
- Shohreh:** Of like, oh, well, her body wanted it, so clearly she wanted it and it's no-no-no, that's not how that works [laughs].
- Tiffany:** No, your body will respond, whether or not your mind is into it or not. Your body doesn't want it to hurt, like the people who have sex and it hurts, that is a thing that can happen, and it's something that you have to deal with your partner. But for the majority of people, if you're having intercourse, your body will start to produce mucus in order to make that penetration easier if you're having penis in vagina sex.

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

**Shohreh:** Yeah, and if anybody is listening to this and you're confused about that or you're hearing this for the first time, I highly recommend the book, *Come As You Are*, by Emily Nagoski where she gets into the exact biological details of why this happens, and a lot more detail of what we're talking about right now.

**Tiffany:** I love talking about female orgasms, like I'm sorry [laughter].

**Ally:** Don't apologize for that!

**Shohreh:** Let's talk about orgasms because again, another very unladylike thing, right, we are supposed to only care about the pleasure of men, never mind if we're interested in more than, or not men at all. And we're not supposed to care about our own orgasms or female pleasure. And that's some bullshit!

**Ally:** Yeah, can we talk about how every single woman that I've ever talked to, myself included, has probably at least once in their life said the phrase, "It's okay if I don't come during sex, like I still have a good time."

**Tiffany:** Oh, absolutely.

**Shohreh:** I know I've said that in the past.

**Ally:** [Laughs] Right, and like, sure I feel that way, like sex can still be fun without an orgasm, but why are *we* the ones that are like, yeah, that's a totally normal mindset to have.

**Tiffany:** I definitely, definitely agree with that. I also wanted to say, the varying range in how long it takes each individual to reach orgasm, and the way that I achieve orgasm and how long it takes me is forever.

**Shohreh:** I think that's a really good point. It's absolutely true that everyone is different when it comes to orgasm and also like, what it is that you're doing. Because for instance, some people can get off really quickly with a vibrator, but maybe with oral sex it takes longer, or vice versa, whatever it may be.

Because of that, I also wanna say to anyone out there who it takes a long time to orgasm: you are not difficult, your body isn't broken, your partners

## Redefining Health & Wellness #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

still need to make an effort to give you pleasure and orgasms, if that's what you want. And it's not a good enough reason to be like, you take too long, I'm bored, I don't wanna do this.

**Tiffany:** Yes, that is very true [laughter].

**Ally:** People that have penises also vary in how long they take. I've been with somebody with a penis that took a half hour, I've been with somebody that took a minute, like they all vary. It's the same, but for some reason it's just like, if it takes you longer and you have a vagina, nobody wants to do the work to get you there. Why?

**Tiffany:** I think it is very much like a patriarchal bullshit thing. One of my friends who is a trans man, he had a boyfriend who literally wouldn't go past his cock. Like if you wanna get down into the folds and stuff? Mm-mm, no. If you have the genitalia and you want to have someone pleasure your genitalia and you're saying to your partner, "Please, pleasure my genitalia," and your partner won't, that's not, that partner is not doing a good job, I'm sorry [laughter]. It's just not cool.

**Shohreh:** Yeah, I mean unless you guys have some sort of prior agreement or you know, you're trying to figure out your boundaries, this is not to say you can't have boundaries around sex. You need to figure that out between the two of you.

**Tiffany:** Yeah, if you've said, "I want you to go and do this thing," and they're like, hmm, "No, I don't wanna go do this thing." "Well, why don't you wanna go do this thing?" "I don't feel like it." You kinda want to dig into it a little bit and it's like something that you should work on with your partner.

**Shohreh:** Yes!

**Tiffany:** But as somebody who has literally had someone say, "I'm bored, I don't wanna..." [Laughter]

**Ally:** Yeah, maybe don't use the line, "I'm bored, I don't wanna."

**Shohreh:** Ever in the bedroom. [Laughter]

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

**Ally:** Right, do you know how many times I don't fucking wanna and I still do?  
[Laughs] That's so nonsense.

**Tiffany:** The thing that comes to mind, like every single time I think about the whole, like things that are unladylike that come out of ladies, is the way that we're conditioned as women to kind of hide ourselves, A, even from other women where I think, I'm not trying to romanticize it or anything, like the past, when you had a larger community of women that were kind of all connected to each other and were raising their children altogether, you had a little bit more information going on between them.

It's like you probably learned growing up that you took a shit when you had a child 'cause you're pushing so hard and things like that. Like you learned about vaginal discharge and what was normal. For some reason I just feel like these days we are separated from each other so much as women. We don't talk about these things between each other, and so it comes as a total surprise all the things that happen to you as a woman, or as somebody with a vagina. It's like, it is nonsense.

**Shohreh:** It is and I think that boys and people with penises in general, as they're growing up, just learn a lot more about their bodies. And I think some of that is from just like a general anatomy perspective of, you can see a penis, like a penis is outside of the body. In some ways it's a little more obvious what's happening with it. But I also think boys talk about this stuff with each other, and this information is more openly available, whereas girls and people with vulvas, when they're growing up, they're pretty much told, we don't talk about that stuff, we're gonna keep it all quiet. We don't ask questions about this, like it's gross.

When I was growing up, literally there were people in our, like my parents' religious community who believed and spread around, that if you used a tampon, you lost your virginity. And this was an actual thing that was spread around, and my mom told me, she's like, "look, that's not true, you can use a tampon," she's like, "But don't tell them you're using one, because I don't wanna deal with the fallout," basically. That kind of stuff [laughs] is really pervasive in certain communities.

## Redefining Health & Wellness #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

Sometimes it's not even like, oh, you're not learning any information, sometimes you're straight up learning the wrong information about your body. And like you said, you may not find that out until you're an adult, which sucks!

**Ally:** It seems to me like, you see it in movies and stuff; it's just like the idea of everything that we go through, somebody with a vagina, like what you go through as you go through puberty is like shameful. It's that trope of like, you get your first period and you don't want anybody to know. You have to hide your tampons when you go to the bathroom. God forbid you bleed through your pants and somebody sees that you're on your period.

**Shohreh:** Oh my god Ally, you just reminded me, first of all, one time I did bleed through my pants at school and I had to tie a sweatshirt around my waist and wait for my mom to bring me new pants, and it was horrible. But two, I had a friend in high school who got her period while she was having sex with her boyfriend, and her boyfriend threw her off of him and like screamed at her, and wouldn't talk to her.

**Tiffany:** Oh my god.

**Shohreh:** Like I remember her coming to me crying and being like, what did I do wrong, I feel so horrible, blah-blah-blah. And I was like, what the fuck is wrong with him? It's not even just that like, again, people with vaginas need to learn this; it's that everybody needs to learn it.

**Tiffany:** Everybody needs to learn it.

**Ally:** And that's, okay, that exact same thing happened to me, and I'm like, did I tell you this story? But we weren't friends in high school so -

**Shohreh:** No, it wasn't you!

**Ally:** But yeah, I was having sex with my boyfriend at the time who I had been with for like months and months, and months at this point. I started my period while we were having sex and he, I guess, at some point pulled out and looked at his penis and there was blood on it. He flipped out, and got like pissed at me! And I was like, I don't, like this is a hazard that comes

## Redefining Health & Wellness #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

with sticking your dick up there, dude. Like I don't know what to tell you [laughter].

**Shohreh:** It is, it's just a normal hazard!

**Ally:** And like, he acted like I was some sneaky witch who knew that I was on my period and did it on purpose to gross him out or something.

**Shohreh:** Oh my god.

**Ali:** First of all, like how, what do you think of me if you think like I wouldn't be open about that, first of all. Because normally I don't feel like having sex on my period, so I would have said something. But also like, it's a little blood, you're fine! It's not going to fucking kill you [laughs].

**Shohreh:** Yeah, the fear of period blood is something that really pisses me off so much.

**Ally:** Honestly, I could rant for a half hour about how mad it makes me. I don't give a shit if you think it's gross, men out there, because guess what? I think it's gross too, and I have to look at it all the time, and I have to deal with it, so you should have to deal with it too. Yeah, it is gross, in the same way that everything that comes out of our bodies is gross. Yeah, poop is gross, yeah, pee is gross, yeah. Get the fuck over it! [Laughter]

**Shohreh:** Yeah, it's not like bleeding from a gash on your arm is any different, you know what I mean? Like, it's all blood.

**Ally:** Yeah, and it's not like--it's not poisonous, it's not like talking about it, thinking about it, looking at it, is not gonna fucking kill you [laughs].

**Shohreh:** Okay, also, also, let's just point out that we put penises in our mouths that men urinate out of.

**Ally:** Oh right!

**Tiffany:** Yeah.

**Shohreh:** So, there is a thing that is 'gross,' with their genitalia as well, and you don't hear anybody complaining about that!

## Redefining Health & Wellness #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Ally:** Right! Many people with penises that I've come across want to put them into butt holes, often, but like, don't wanna talk about, for one thing, what might happen--poop might come out of there! [Laughs]
- Tiffany:** Just because I feel like I need to find this and share this with you, I came across this really fantastic web comic from a dude who's talking about how to prepare yourself for anal sex, and it is the most fantastic thing ever. Where he's like, he's talking about how to clean yourself up and not necessarily things that you absolutely 100% have to do, but if you're planning to, and you know that you're gonna have anal sex. But there's this fantastic panel of him doing a shower enema, and the last step is, "Just let it free!" [Laughter] And this sparkling cloud of poop is coming out of his ass! I'm gonna I have to find it so you can put it in the show notes -
- Shohreh:** Please do!
- Tiffany:** It's very informative, but it's fantastic.
- Ally:** Yeah, I don't know how you can expect; I don't know how to say this. Like it's frustrating, because people with penises have butt holes as well, so they know what it's like to have a butt hole, right? And how it can be a little bit unpredictable, and things come out of it that are kinda gross. So, why then do you, a person with a penis, wanna put your penis into my butt hole and you expect it to be this pristine, beautiful, bleached, hairless hole that has nothing gross come out it.
- Shohreh:** Oh my god, bleached and hairless. Yes, that is so stupid.
- Ally:** Like guess what? Poop comes out of mine too, and [laughs] if you're sticking something up there and like wiggling it around, you might just loosen something, okay? [Laughter]
- Shohreh:** Is wiggling what usually occurs in anal sex? [Laughter]
- Ally:** You know, people have anal in different ways, Shohreh, okay?
- Shohreh:** You're right, I'm not trying to shame anyone.
- Ally:** I don't know how you do it, but that is absolutely how I do it [laughs].
- Tiffany:** Wiggle-wiggle-wiggle.

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Ally:** You just stick it up there and you just wiggle around [laughter].
- Shohreh:** I'm gonna start crying.
- Tiffany:** I'll never be the same! [Laughter] Oh my god.
- Ally:** I don't know, try it, see how it works for you.
- Shohreh:** Ummm...okay.
- Tiffany:** So can we just talk about the pooping and the fart tallying?
- Shohreh:** I was gonna actually have us switch, 'cause we're talking about things that come out of butts, right? So we're gonna talk about gassiness and farts.
- Ally:** Yes!
- Shohreh:** And this area is one especially that I think that men get away with. Oh, it's fine when they make fart jokes, when they fart and like make the room really gross smelling like whatever, oh, that's so hilarious. If we do it, it's disgusting.
- Ally:** Yeah.
- Tiffany:** The best example I can give is my husband will rip this huge fart, like huge, and then within a few minutes or so, because we've eaten the same thing, I also let a tremendous fart rip and he'll just look at me and in his sly, British wit say, "Oh, that's disgusting." And he doesn't mean it—
- Shohreh:** Boo!
- Tiffany:** --but I'm just like, that's just not cool dude, just not cool. Because it's the same fucking fart, it's literally the same dinner, the same, like we've eaten the same thing, we drink the same things. How is my fart disgusting versus yours?
- Ally:** Yeah, I have had a similar experience with a boyfriend who would like, we'd be driving in the car and he would all of a sudden roll down the window and start laughing. And I would laugh too because I'd be like, oh, you farted, ha-ha-ha-ha. And then again, minutes later, because we lived together and ate the same foods, I would do the same and he'd be like,

## Redefining Health & Wellness #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

“Babe, that’s disgusting.” And I’d be like what the fuck! Tell me how logically it makes sense that you can fart and I can’t, why?

**Shohreh:** Everybody farts! Everybody farts. My dogs fart, your cats probably fart.

**Tiffany:** My cats totally fart.

**Shohreh:** Yeah.

**Tiffany:** Like rank gases, rank.

**Shohreh:** We are all gassy gals. It’s just the way it is. So we’ve been alluding to this fart tally throughout the episode and so [laughter] what this was, is that Ally and Tiffany and I were having a conversation about our farts, as one does. And we realized that we had pretty variable amounts of gas.

**Ally:** Yeah, I believe I said, I said I thought the average person farted ten times a day.

**Shohreh:** Yeah, I think you had looked that up. And then I think both of you were shocked because I said “I really don’t fart all that much,” and you didn’t believe me. And I said, “Okay, why don’t we do a tally. Why don’t we all just mark down how many times we fart during the day, and do it for a few days and just see what the numbers are?” And we did this. We actually did this [laughs].

**Ally:** Yeah, and I just wanna point out that you didn’t fart for like a day and a half, which is [laughs] pretty wild.

**Shohreh:** I didn’t, I know, like I said, I’m not that gassy of a person [laughter].

**Tiffany:** Yeah, opposed to me who literally farted 20 times in one day and just like, okay, I farted again! [Laughs]

**Shohreh:** It was a fun experiment because it helped me realize when I do fart, because for example, I get very gassy in the bath.

**Ally:** Yeah, you do.

**Tiffany:** I didn’t know that.

## Redefining Health & Wellness #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Shohreh:** I do and it's funny, 'cause like the bubbles come to the surface [laughter], and it's actually really fun.
- Ally:** I remember you said, "I got into the bath and farted three times," or something.
- Shohreh:** It's like my body just waits until I'm in the bath. Or Ally and I discovered that we both fart when we're jump roping as well.
- Ally:** Oh, 100%, it pushes whatever is in me, out [laughs].
- Shohreh:** Didn't you fart while squatting last night too?
- Ally:** I did, well, yeah, I farted like two or three times while I was squatting yesterday, because I was pushing heavy weights, I could not hold that in [laughs]. It's the same with aerials -
- Tiffany:** You're doing aerials and you're using your abs, you're gonna fart, like you're inevitably gonna fart in your instructor's face.
- Ally:** Oh my god, that's the worst, when your instructor is like right behind you spotting and you fart in their face [laughter].
- Shohreh:** Just a sorry, sorry, to Julia and all other instructors [laughter].
- Tiffany:** Marisa!
- Ally:** Amie, Michele, everyone I've farted on ever, sorry! [Laughter]
- I won't name names, but a friend of mine farted very audibly in class [laughs]. Sorry, I laugh every time I talk about farts.
- Shohreh:** Because they're funny. Like they're funny, they're not gross, they're just hilarious.
- Ally:** And it's absolutely hilarious to see a dainty aerialist doing a very intricate trick and just ripping ass [laughter]. But it was Winnie who was like, "we all go through this, we all experience it, we're all exerting ourselves and using our core, obviously you're gonna push gas out of your body." And I think that gave me the freedom to be like, do you know what, yeah, I'm gonna fart in class, it's gonna happen.

## Redefining Health & Wellness #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Tiffany:** Oh yeah, no. I think it was Ginger who actually told me once, she was like, if you ever get close up to an aerialist as they're performing, there's gonna be farts just flying everywhere [laughter]. I'm just like, okay, well I feel better about this now because I'm just gonna fart all the time, because every single time I get in the air it's like...[fart sound]
- Shohreh:** When I was a lawyer, this was at the time when I was transitioning to being a vegan, and I have never been so gassy in my life as when I first transitioned, because my body was not used to all the fiber. Now it's very used to it. At the time I had, I kid you not, the worst farts ever. And one time I was in my boss's office [laughs] and he had the door closed -
- Tiffany:** Oh no.
- Ally:** Oh no.
- Shohreh:** So, I let out, thankfully it was like several silent farts, but you guys, they smelled so bad [laughter] and I was amazed that he kept his composure. He didn't say anything, he didn't change his face [laughter] and I was trying so hard to end the conversation and get the fuck out of there!
- Ally:** Oh my god.
- Tiffany:** Oh my god.
- Shohreh:** I like walked out of his office and was like, I don't know if I can ever come back here [laughter].
- Ally:** We all have that experience, right? We've all fucking done it. We've all just let one rip, or let a real smelly one out and you're just, I'm sorry to everyone else, but also, It's natural [laughs].
- Shohreh:** It is, it's very natural.
- Ally:** And I just wanna say that as somebody who used to always hold them in because I'd be so embarrassed, that shit hurts and it's bad for you. So let your farts be free everyone, just do it, you'll feel so much better. Your stomach will thank you.
- Tiffany:** There's this video game that I play, and it's one of those survivalist games, and it's find food and feed yourself. And one of the game mechanics is

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

that you and the animals that you tame all poop, and then you use the poop as fertilizer. And every time that they do, there's this [farting sound] noise [laughter], and so you just sort of like learn to tune it out, just hours and hours of game play with like every few minutes [farting sound].

**Ally:** That shit is normal.

**Tiffany:** It's so normal; I mean you've never experienced anything, when a giant Tyrannosaurus Rex poops on your head, in video game, it just goes [farting sound].

**Shohreh:** Wow, I don't think there's a better way to end the gassiness conversation than thinking about a dinosaur -

**Tiffany:** A dinosaur is pooping on your head.

**Shohreh:** Pooping and farting [laughter].

**Ally:** I also just wanna say, before we segue, that if you're not somebody that talks to your friends about your BMs and your farting and stuff, I highly recommend it, because I just feel like it takes you guys to a new level of friends.

**Shohreh:** It does! It does.

**Tiffany:** It does!

**Ally:** And to be able to talk about that with people that you care about, I don't know how I made this sentimental -

**Tiffany:** No, no, I totally know where you're going with this -

**Shohreh:** [singing] Best friends! Best friends! [Laughter]

**Tiffany:** It is something that you kind of, like it kind of makes you closer and you learn stuff about people, and there's like a level of trust that's involved there.

**Ally:** Right.

**Shohreh:** There is, it's very intimate conversation.

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Tiffany:** It is. I wouldn't necessarily have these conversations with a total stranger, but like these are the same conversations that I'm having with my closest -
- Shohreh:** Just the hundreds of total strangers listening to this podcast, but that's fine [laughter].
- Tiffany:** Shhhhhh.
- Ally:** It helps normalize the conversation.
- Tiffany:** It is, yeah. The more that we talk about it, the more things that are, you might find out that something that is happening to you isn't normal because whether you are having breast discharge, or you're having blood in your urine, something really abnormal that you've been afraid to talk about, or you're embarrassed to talk about, or whatever, you might find out from your friends or your family that it isn't and you should get something checked out.
- Or you might find something out that something that you do is normal and it will make you feel better, and you won't feel so afraid of it anymore. So I, yeah, sentimental is good, it's good to talk about these things.
- Shohreh:** It is, I think it's very empowering and affirming to learn that you're not the only one who goes through these things and has these thoughts, and everything else.
- Let's talk about motherfucking cursing, please.
- Tiffany:** Mmm. Yes please.
- Ally:** Fuck yeah, let's do it.
- Shohreh:** One of my favorite topics. So it's funny, from the very beginning with this podcast, I decided that it was going to be a podcast where I curse and my guests can curse, cause that's not all podcasts. A lot of people want their stuff to be PG, where children could be in the room to listen to it, whatever. And my whole thing was, I'm like, it's my fucking podcast, why should I have to edit myself on my own podcast? [Laughs]
- Ally:** Right.

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Shohreh:** So, I decided not to, and I like literally remember putting a poll in my Instagram stories about it, and just being like, I'm just curious what people think about this. And some people voted, yeah, I'm gonna find that a little bit offensive. And I wrote a follow-up where I was like, totally understand where you're coming from, and also, I don't give a shit because it's my podcast [laughter] and if you really cannot enjoy the information because there's cursing, maybe we're just not on the same page.
- Just because I throw in words like 'ass' and 'shit' and 'fuck,' and whatever, it doesn't take away from the value of what I'm saying. And I think that's something that really frustrates me, is that there's still this really pervasive belief that if you curse, it's like you're dumbing yourself down. And I don't know, that you're stupid or you're crude, or whatever, and I just don't see it that way at all.
- Ally:** To be clear, she does, Shohreh does talk like this in real life as well, so this is a very authentic -
- Shohreh:** Yes, I do.
- Ally:** You do say 'fuck,' I mean I say 'fuck' a lot as well, I think we all do.
- Shohreh:** Yeah, Jason and I are both big cursers, that's just how our relationship is, and to the point where we'll be around children and one of us will have to say to the other, "Oh, maybe we should tone down the fucks because there are kids here." [Laughs]
- Ally:** When it bothers me is, along with the theme of this podcast episode is, when people imply that it's not ladylike, it's fine for a man to say 'fuck' but for a woman to do it, that's when it's wrong. And growing up, my mom would always make comments. I would use 'fuck' or another curse word and my mom, it wasn't even a like, that's inappropriate, don't say that. It was like, a man isn't gonna wanna be with you if you talk like that.
- Tiffany:** No, my mom did that too.
- Ally:** I was like, if a man doesn't wanna be with me because I say 'fuck' -
- Shohreh:** What if we don't need a man?

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Ally:** Yeah!
- Shohreh:** What if we don't need a man!
- Ally:** I certainly don't. If I can't say 'fuck' to end up with a man, I literally would rather die alone, just to be clear [laughs].
- Shohreh:** Or, referring back to our bisexuality episode, being with anyone who isn't a man [laughs].
- Ally:** That is true. Yeah, my sexual orientation is anybody who is fine with me cursing, I suppose [laughter]?
- Tiffany:** Yet another benchmark for Ally's dating life.
- Ally:** Yeah [laughs].
- Tiffany:** I have a lot of feelings about this from a couple different angles, and one of them is from, as an English major. In the same way that people who have issue with using a singular "they" can just fuck right off, people who have issues with using curse words, saying they're dumbing it down, the best, most highly regarded works of literature have curses in them. The Canterbury Tales has cursing in it. Shakespeare -
- Shohreh:** Cursing has been around for a long time. And there's a reason, 'cause it's fun!
- Tiffany:** It's like, there were people drawing dicks on the walls of Pompeii, get over yourself [laughter]!
- Ally:** And sometimes it's like the best way to emphasize what you're trying to say. It's this succinct way, because if you just wanna say, "Fuck this," what am I gonna say? Am I gonna be like, "Oh, I am unhappy with this current situation." Like no, I'm gonna say, "Fuck this!" [Laughs]
- Tiffany:** Fuck is one of the most amazing words in the English language. It can be all the different kinds of words. It can be a noun, it can be a verb, it can be an adverb. It's so functional and versatile. It's just such a beautiful word and for people to just boil it down to just the vulgarity of it, is so just, argh, it gives me, literally getting goosebumps right now. I'm just -

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

**Shohreh:** So, Jason and I had very different experiences with cursing around our parents growing up. So his parents pretty much were fine with it. He told me he started cursing in kindergarten and his parents were like, okay, these are words that maybe you don't wanna use so much outside of the house, you know, be aware of when you're using them, but like didn't have a problem with them, didn't tell him it wasn't okay.

The first time I said a curse word, I don't remember what it was, I either said 'damn' or 'shit.' I remember I was in the car, I was on my way home from ballet class, and my mom like literally turned around in the car and hit me. And that sounds bad, I know, it wasn't like a physical abuse situation. She was like so shocked, that was her reaction. It's like she wanted to knock the word out of me, and this is the only time I can remember my mom ever doing this in my life, just for the record. But like obviously that had an impact on me, which was clearly her point, was me being like, wow, I can say a word and this is the reaction from the adult in the room -

**Tiffany:** This is what happens, yeah.

**Shohreh:** And there was a time when I was older, like probably high school, where my mom had always threatened my whole life, like oh, if you curse, I'm gonna wash your mouth out with soap. And one time she actually fucking did it. And it sucked [laughs]. I think perhaps, it could be, I'll talk to my therapist about it, one of the reasons maybe I love to curse so much [laughs] is probably in response to the fact that it was like a very forbidden thing in my household.

To this day, now my mom won't freak out if I say, I don't know, like 'shit', or 'damn,' whatever, those kinds of things. She still does not like it when I use the F-word. She gets pretty pissed about that. But we're at the point where I'm an adult and -

**Tiffany:** You're an adult.

**Shohreh:** She's just, whatever is happening, but yeah, there was such strong reactions to that when I was growing up, and I think I very much was like, well, when I'm out of your house, I'm gonna say fuck-fuck-fuck-fuck-fuck all that I want, bitch, and here we are. [Laughter]

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

**Ally:** Here we are indeed!

**Tiffany:** Here we are. It reminds me of one of the things growing up that my mother had an issue with, was getting my ears pierced, which if you think about that now, it just seems so out of its time. Because even as a child in the 1980s, we were all getting our ears pierced, but my mom, because her mother said that only whores get their ears pierced, that getting your ears pierced was unladylike. How our society views unladylike things has so much to do with purity culture. If we are either sexually promiscuous or lower class, it makes us less of a person. It's such bullshit. I don't know, our parents influence us in really weird ways. And then ten years later my grandmother went and got her ears pierced, and my mother's argument was shot down [laughter].

**Ally:** Was that your grandmother's way of telling you that she was getting laid or something, like, I'm gonna get my ears pierced so everyone knows [laughter]?

**Tiffany:** I don't know, but I mean my grandmother was, my mother was so, it was like that southern debutante culture kind of thing. So you got, the things that ladies did were, go to cotillions and keep their knees together. Like you said, it still affects you, right; you do kind of respond to it in your own way as an adult. I'm the gal who, I dye my hair, and I get tattoos, and I say 'fuck' all the time, and it's-- fuck being 'ladylike.' Being ladylike is a lie. There is nothing more constructed than the idea of being ladylike, it's such a false concept.

**Ally:** Yeah, I feel like the energy I want to take into 2020 is that being ladylike means you identify as a lady and that's it.

**Tiffany:** Yeah, that's it.

**Ally:** That's all you have to do [laughter].

**Shohreh:** The problem with ladylike too, is that there obviously isn't a singular definition of it. Like your mom had a definition of it, my mom had a definition of it, Ally's mom had a definition of it. And so even if you're like ladylike enough for one person, you're not going to be ladylike enough for somebody else, and all the while you're trying to become more ladylike,

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

you're becoming a smaller and smaller version of yourself. We're not here for that anymore in 2020.

**Ally:** Yeah.

**Tiffany:** We're here to take up space; we're here to be as loud and as -

**Ally:** Gassy [laughter].

**Tiffany:** Gassy. If I want my ass and my tits hanging out, then my ass and my tits are hanging out. If I wanna dye my hair, I'm gonna dye my hair. It's like; don't tell me how to be me.

**Ally:** Right.

**Tiffany:** That's essentially it. Is just somebody else telling you that what you're doing isn't 'correct,' and it's horseshit.

**Ally:** It is.

**Shohreh:** Obviously we could talk for hours about all of these topics, if I don't cut us off at some arbitrary point [laughter]. We're reached the arbitrary point. However, I would like everybody to have a chance to wrap up in whatever way feels good to them. So, if you wanna talk more about farts, or you wanna talk about your 2020 goals, whatever, now is your time.

**Ally:** All I can think about now is my favorite type of fart.

**Shohreh:** That's fine; if that's how you wanna end things, bring it on girl.

**Tiffany:** What's the kind of fart that you wanna bring into 2020?

**Ally:** Honestly, I want, like my favorite type of fart is the one that's like, I don't know how to describe this. Like, when you have a lot of pressure in your belly and so you let it out and it's just like a lot of air, and it doesn't smell, but it's like a, you know what I mean? But then it feels so good. It's a very relieving fart, and it also is not annoying because it doesn't smell bad. That's my favorite type of fart. That's the kinda fart that I wanna take into 2020, is like farts, like meaningful farts, that make me feel good [laughs].

## Redefining Health & Wellness #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Tiffany:** If our farts are a metaphor for how we want to exist in the world, the kind of farts that I want are the farts that are loud and proud. I want to be able to fart and not feel shame. And even though I talk big, I still have internal shame about so many things. And so I just want to be comfortable with the farting. Be comfortable with you know, just you know, do that sit-up, fart loud, and it just happened and I've been small and teeny and quiet, and all of these things. And I'm like no; it's just gonna be [BIG farting sound] all the time. [Laughter]
- Shohreh:** Oh my god, you guys, we didn't talk about queefing. [Gasps]
- Ally:** Oh my god,
- Shohreh:** Speaking of other types of farts.
- Tiffany:** Episode 69!
- Shohreh:** I know, queefing is a later conversation. But why I was thinking about queefing, because what I was thinking about is that like, I want, kind of what you were saying Tiff, for me, I want to be able to like, basically laugh at all this stuff, you know what I mean? See it as not the big deal that it is and so like queefing came to mind because at one point I found queefing to be like really horrifying and embarrassing, and now I think it's fucking funny.
- Ally:** It is funny.
- Shohreh:** It's gross and it's weird, but also a lot of it is just funny. Like sometimes pooping is funny, sometimes farting is funny, cursing can be really funny. Like all of it is kind of hilarious and like, I need a little more lightheartedness in my life in 2020.
- Tiffany:** One of the philosophies I'm trying to stick to is that, with my sexual partners, I want to be able to laugh with them. One of the things that my husband and I are working on is if we are totally serious, 100% of the time, you can't laugh at each other, and you can't... everything is, EVERYTHING is dire all the time. And there has to be some levity, and there has to be fun. If it feels good, farting feels good sometimes, pooping feels good sometimes.

# Redefining Health & Wellness

## #30

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

- Shohreh:** Truth!
- Tiffany:** Eating the foods that you wanna eat, it feels good. Like if you enjoy it, fuck it! Do it! [Laughter]
- Ally:** Yeah.
- Shohreh:** [singing] Fuck iiiiiiiiiiiiiiiit! [Laughter]
- Shohreh:** Can we just end on like a chorus of fuck its, it's like a round, I will start the fuck it and then each of you will join in?
- Ally:** Okay.
- Shohreh:** I feel like it's a good way to end this.
- Ally:** All right.
- Shohreh:** Okay, here we go, [singing] FUCK IIIIIIIIIIT...
- Ally:** [singing] FUCK IIIIIIIIIIT ...
- Tiffany:** [singing] FUCK IIIIIIIIIIT .... [Laughter]
- Shohreh:** Fin.
- Ally:** Love that, love that for us.
- Shohreh:** Thank you, thank you Girl Gang for coming back on the podcast. I think that you're now officially friends of the pod, so I know you'll be back, you'll be back probably for episode 69 [laughter] -
- Ally:** If not sooner.
- Shohreh:** If not sooner, cause that's actually a fair distance away, since this is gonna be episode 30. And listeners, if there are things that you wanna hear the Girl Gang specifically talk about on the podcast, let me know, because we're happy to take your suggestions.

[Music plays]

And that's our show for today. I appreciate you listening to and supporting the Redefining Health & Wellness podcast. If you enjoyed this episode, it

## **Redefining Health & Wellness**

### **#30**

**Featured this episode:** Shohreh Davoodi, Ally Ridnour, & Tiffany Cunningham

---

would mean so much to me if you would subscribe and leave a review with your podcast provider of choice. It will really help other people who might benefit from the podcast to find it more easily.

I also love chatting with listeners, so feel free to screenshot from your podcast player, post on social media, and tag me. And if you're looking for more information on what I'm all about and how to work with me, head on over to [shohrehdavoodi.com](http://shohrehdavoodi.com). I hope to see you for the next episode.