



Toilet Paper | Fatal Conveniences™

A Bathroom Hygiene Nightmare for Your Butt

[00:00:00] Fatal Convenience Intro

Darin: It's that time of the week for another fatal convenience. This is a bite-size segment that addresses some of society's fatal conveniences and the steps you can take to avoid becoming a victim of them. I define fatal conveniences as the things we may be doing because the world we live in makes us believe we have to. Tap water, shampoo, sunglasses, food... I dive into the hidden truths behind some of our everyday choices that could not only be harming us but even killing us, so let's dive in.

[00:00:41] Fatal Convenience - Toilet Paper: A Bathroom Hygiene Nightmare for Your Butt

Darin: Hey, everybody, welcome to the show. This is Darin Olien. This is another installment of Fatal Conveniences. This one is a really powerful one. I know they all are in their own way, but this is literally something that you're doing every day and it's on a very intimate part of your body that may be causing you harm. There's actually a lot better choices you can make, and I'm gonna tell you all about it. That is, are you ready for this one, bathroom hygiene, specifically, does toilet paper actually clean your butt, or does it make it worse? Is it actually unclean and causes trauma to that sensitive area? Obviously, over the culture and over millennia, we have always figured out a way to clean up after we go to the bathroom, number 2 that is.

[00:01:40] Cleaning your bum throughout history

Darin: So we use sticks and leaves and some rocks or whatever we need to do and we've been doing it forever and big leaves in the tropics I've used and if we've all camped, you have to bring your own toilet paper or if you find yourself in a situation where you have to go, you just use whatever is necessary. Obviously, in the modern world, we have dreamed up ways to better this scenario to make a little more sanitary of sorts, and we are trying to do that. So the big question is, does toilet paper make sense to you? You go in the bathroom, and then literally wiping. Is that really clean, especially on a micro level? So we're gonna get back to that. We're gonna talk about after you poop, what do you do? As you know, in 2020, we also had a toilet paper pandemic. It's so interesting how our society went to taking all of the toilet paper out of our supermarkets, and things like that. An interesting thing, there's a psychological aspect of this.

[00:02:49] The psychological reason we hoard toilet paper

Darin: Professor Susan Morrison at Texas State University, said very clearly, it's psychological. We hoard toilet paper because we fear having to face our poo. Isn't that interesting? If we run out of toilet paper, how will we wipe our bottoms? Think about it. We are so afraid to deal in the shadow of our lives. If we didn't have toilet paper to wipe the poo,



the shit, the poop away, then we have to actually face it. We go crazy, and we don't want to deal with the darkness and the shit of our society. So interesting. People use all kinds of methods and objects to clean up after they went. Number two, local customs and climate often dictated how anal hygiene was done. Social hierarchy and toilet habits and all of that stuff, wiping with stones and rinsing with water, or even snow was common. The first modern toilet paper was made in 1391 when it was created for the needs of the Chinese emperor's family. Each sheet was even perfumed. Paper itself became widely available in the 15th century. Fun fact and weird fact: The Greco Romans used a communal sponge during the first century AD. This shared sponge on a stick which is better than maybe your hand had been used and cleaned in a bucket full of vinegar and or saltwater and reused over and over again. They also used moss or leaves and pieces of ceramic, but mass manufacturing of modern toilet paper became available in the 19th century. In 1857, Joseph Gayetty of New York marketed the medical paper for water closet. These first toilet paper sheets were medicated with aloe, that is a good idea, and he printed his name on each sheet. What an interesting choice. Unfortunately, the invention failed. It was easier and more cost-effective to use the Sears catalog that was distributed all the way back then, so it virtually failed. But in 1879, the Scott brothers founded Scott Paper Company. The first toilet paper sold in rolls. Currently, the United States spends more than \$6 billion a year on toilet paper, more than any other nation in the world because the Americans don't want to deal with their shit, maybe that's the scenario. Americans on average use 57 squares a day and 50 pounds a year just in the toilet paper. So what makes it convenient? Well, obviously, toilet paper is widely available and affordable in multiple options. Now they have recyclable, now they have super soft, they put aloe, and perfumes in it. Well, that's another fatal convenience putting perfumes and absorbing up through that anus is not a good idea. Why should we care? Well, let's talk about the environment before we get into the physical sides of this thing and the uncleanliness that this toilet paper is.

[00:06:25] Toilet paper's effect on the planet

Darin: From the environmental perspective, from Scientific America, approximately one roll of toilet paper takes up to 37 gallons of water to produce and 1.3-kilowatt hours of electricity. Also a public nuisance, it clogs pipes and drains and toilets and city sewers. It's a really big issue and has been for a very long time. As all Americans, we use 36.5 billion rolls of toilet paper per year. That's crazy. This requires the pulping of more than 15 million trees. This involves 473,587,500,000,000 gallons of water to produce the toilet paper. Did you hear me? Whoa, 253,000 gallons of chlorine to bleach it, and the manufacturing requires 17.3 terawatts of electricity annually, and the significant amounts of energy and material are used in packaging, and then transportation, and outlets. Again, all of this information is in the source notes. According to the International Foundation of gastrointestinal disorders, overzealous cleaning often from a bowel movement may do more harm than good. The skin around the anal area is so tender and so sensitive. Every time you wipe, you're causing microdamage. Have you thought about that? We wipe kind of hard because we want to get the poo away. Moreover, some toilet paper itself is rough, and we often crumple it up and then wipe away. Tiny bits of paper trampled in the anus and skin gets trapped. Also, through these abrasions and swelling over and over and over again because we do it on a daily basis, there are some additional issues and problems. Dr. Evan Goldstein, a rectal surgeon in New York City says Charmin and all these brands have done a great job making us think



that the toilet paper is hygienic, it's not. He notes using toilet paper is like stepping on dog poo and wiping it away with toilet paper rather than washing it off with water. Think about it. Again, this is common sense. I want to get you back to common sense. There is an easy solution for this by the way and I'll tell you. Toilet paper smears fecal matter around and of course then it causes abrasions, causing this thin and very delicate skin of your anus to tear causing micro-tears and often bleeding and pain. Think about that. Once you tear that open and cause abrasions and if you don't wipe clean, you're actually reinfesting yourself with things that you're trying to get out of your body. That is a very dangerous scenario.

[00:09:45] Is toilet paper really cleaning your butt?

Darin: The New York Times writes that toilet paper is an antiquated technology and infectious disease and colorectal specialists say neither efficient nor hygienic. Such as Dr. H. Rudolph Bailey, a colorectal surgeon at the University of Texas McGovern Medical School in Houston, a lot of patients have significant irritations on their bottoms. He also notes that from wiping too vigorously, the toilet paper or wipes often contain harsh fragrances and chemicals. So that's the other side. You don't know the bleaches and chlorines that are going into it and then you're wiping it and you have constant irritation, you're absorbing the bleaches, the chlorines, and also any other weird fragrances or chemicals that they're putting on that toilet paper. That is a bad idea. You can absorb a huge amount of things from that lower GI and from the anus because it's so sensitive and such a thin layer. Dr. Rudolph goes on to say, you can get seriously ill from diseases transmitted via this fecal matter. Cholera, hepatitis, E. coli, urinary tract infection are the main examples, certainly, because it's so connected, especially women to the vaginal area. You cannot get as clean if you use water and we're going to dig into that. A study published in Europe, PMC found that common anal issues such as erosions, fissures, eczema, itching, and burning occurred in those that used dry toilet paper after defecation, and symptoms were relieved when they switched to water. So there in lies the change, there's a lot that can go on.

[00:11:50] Sensitive skin and toilet paper don't mix

Darin: Number one, I'm going to recap, number one, you're using toilet paper that's dry, it can cause serious issues in an area that's very sensitive. Now, what is on that toilet paper? How was it created? Bleached, chlorine, chemicals of all kinds is absorbing through that skin and into your system. Really bad idea. Also, it's irritating you causing micro pains. And plus, when you cut those things open, it's reabsorbing fecal matter that's trying to get out which infinitely causes more issues and absorbs back into your body into your bloodstream, a really dangerous scenario.

[00:12:30] What you can do to stay cleaner and healthier down there

Darin: Small changes you can do, Dr. Evan Goldstein recommends using a patting motion and if you're still going to use, which you still need a little bit of toilet paper, but I'm going to describe more, just pat it. You don't need to wipe it anymore. Because here's what you're gonna do, you're gonna use bidet. You can get one for your toilets in your homes, really easy. I've left a link below. I literally use just a water handle. It's like a little water gun on my toilet. You can get really fancy, you can use water that heats up and all of that stuff, but I use just a little gun. You use it, it cleans out your butt, and away you go. If you don't even want to



put on your toilet, you can use a single bottle that has a little angle spout. I've left links to that in the show notes. Also, switching to bamboo, or hemp, or other products and brands that avoid using chemicals. Again, you use your bidet, you wipe out, you wipe it using water, so you're not using toilet paper virtually at all. Then you just tap and you're done. I'm telling you, it feels so good using just water on your bum. I'm telling you once you do it, you will never go back. I learned about this maybe 20 years ago and I've never not had a bidet. I travel with a bidet. It's easy to travel with the bottle. I have one on my toilets. It's so sustainable. You save so much water. This is one of the greatest hygienic things that you can change for yourself and your life. I am not joking. So that's it. Bum hygiene everyone. You probably didn't see that coming, but when you're listening to this, I know you know that that makes sense. You can cut down on the abrasions to your anus. You can be more hygienic. You can be of better environmental steward and not use so much toilet paper and just use this washing effect of a bidet. That's it, easy solution. These bidets, 20, 30 bucks for the toilet, and the bottle is maybe 10, 15 bucks. They last for years. Get a BPA-free one. Again, I left that in the show notes. I care so much about you that we're talking about butts today. I care that much. Clean your butts everyone. Deal with your poo in your life, deal with the shit. I'm telling you, you will be happier and your ass will be better for it. I love you all.

[00:15:10] Podcast Outro

Darin: Thanks for tuning in everyone. I hope that left you feeling inspired to take a closer look at the everyday choices you're making and how they could be impacting your health and even the planet. If you want to learn more about life's fatal conveniences, head over to fatalconveniences.com. You can sign up for the exclusive access to Fatal Conveniences episodes, news, insights, and more. And all this great stuff gets sent each week straight to your inbox, making it really easy. Now, that's a convenience without the negative side effects. It only takes a few seconds to join. Just fill in the form and take that amazing step towards making better choices. Remember, small changes can have big impact. So, keep diving my friends, keep diving. And if you haven't had a chance to check out the interview, I released earlier on the week, here's what you missed:

[00:16:17] Snippet - The Science Behind The Power Of Plants

Simon: Something else that I think is important to touch on here is the amount of land we're currently using for food production, in many ways, is problematic. It is a large result of our overreliance on animal foods. Today, we use 50% of all habitable land for agriculture, and 83% of all that land used for our food production is for animal agriculture, be it for the animals themselves, or for growing the rows and rows of feed crops. But listen to this statistic that will shock you. So 83% of all the land we use to grow food today is for animal agriculture. That only gives us 18% of our calories. Animal agriculture is the largest driver of deforestation. We have to hit the brakes on deforestation, and there is a bunch of land that needs to be regenerated and rewilded that we do not need to be extracting calories out of.