

I've been aroused by farts ever since I was a little kid. Ever since I saw Shaggy's fart montage in the Scooby Doo movie as a 7 year old boy and rewinded the scene countless times I knew that this was going to be something with me for life. That never bothered me though. I liked having this fetish. It was something unique about myself that felt so normal and natural. Unfortunately the rest of the world does not feel the same way and I never revealed it to anyone out of not wanting to be ridiculed at best and looked at with absolute disgust at worst. But after doing some research I came to see that I was indeed right and that I do not think eproctophilia is all that "weird" or "gross" even from a sexology and science perspective. Why do I believe this?

When we fart we release gas from deep within our gut. Our gut contains bacteria that is unique to each of us individually so being attracted to the smell of the farts one's partner can be considered being attracted to the smell of their biology. If it is considered quite normal to be aroused by how our partner smells on the outside, why then is it considered abnormal to be attracted to how they smell on the inside? Pheromones and the scent of smell play a larger role in human attraction than we might recognize on the surface.

Scientists consider our gut to be our "second brain." Hence why we have the term "gut feelings." Our gut microbiota play a vital role in our physical and psychological health via the Enteric Nervous System (ENS) which is a complex system of about 100 million nerves found in the gut. It governs the function of the gastrointestinal tract which leads from the mouth to the anus. The ENS is developed from the same tissue as the CNS (Central Nervous System) and therefore has many similarities to our brains both chemically and structurally (<https://pubmed.ncbi.nlm.nih.gov/29024273/>)

Through hormones, neurotransmitters and electrical impulses our CNS interacts with our ENS. Our gut health can therefore affect our mental health and vice versa. Scientists say that because of these two heavily linked systems in our bodies our gut can influence our mood, health and even the way that we think. Flatulence comes from the bacteria in our gut and how it breaks down and digests food. Because of the gut-brain connection, being aroused by the smell of our object of desire's flatulence suggests that we are really being aroused by their mental health or their thought process. After all, whatever goes on in the brain is also going on inside the gut.

There are other explanations for eproctophilia that complement this. A diet high in fiber is known to be good for your body and reduces heart disease. A diet high in fiber is also known to cause frequent flatulence. More evidence that eproctophilia is simply a case of being aroused by somebody's health. There have even been studies done that suggest that hydrogen sulfide, one of the major components of smelly gas and the same chemical that gives it its infamous rotten egg smell can provide health benefits in humans from preventing heart disease to kidney failure. (<https://www.healthline.com/health/digestive-health/smelling-farts-is-healthy>)

After researching all this and relating it to my own personal experience I personally don't think eproctophilia should be considered a paraphilia at all. Society thinks of flatulence as awful smelling gas and to be aroused by it as a sign of "perversion" however it makes more sense to

me to describe eproctophilia more as being aroused by the smell of someone's health. Their internal health. Both their physical and mental health. That in my opinion is 100% normal and natural and shouldn't be considered a paraphilia.