sfts144 are you disgusting to women (00:00.362)
All right, how's it going, gentlemen? This is your main man, Scot McKay, coming at you again with another Snippet from the Summit as part of The Mountain Top Podcast from X & Y Communications. I know the title of this particular episode is Are You Disgusting to Women? But rest assured, gentlemen, I'm not going to be talking about something that would cause you to be inherently disgusting to women, no matter what you do. So all of you men going your own way and red pilled guys, save it. This is going to be

100% about things that are absolutely within your personal control. To kick things off here, by now you know how much I love ironic humor, especially when it's subtle. So with that in mind, snippet from the summit number 144 had to be about being gross, right? So buckle up. Here we go. Guys, what about your habits, yourself, your living space, and even your car?

Should you ride hurt on to make sure women will not only be attracted to you, but to being near you as well? Listen, guys, here it is. This is the plain truth. This is cold hard facts. Women are not big on being disgusted. Matter of fact, they can't stand it. We as men have a much, much higher tolerance for it than women do, which may cause us, at least sometimes, to at least partially assume women are the same as we are.

They are not. You can't be disgusting ever. So let's do some chick whispering here. First of all, let's cover the low-hanging fruit here. Hygiene. Do not let it slip at all in any way. In fact, go the extra mile. Invest in a trimmer and get all of the nose and ear hair out of there, especially mature guys. Do the laundry and wear clean clothes. Brush and floss your teeth and do it right.

You know, take good few minutes, brush the roof of your mouth, behind your teeth, all that stuff. Which brings us to breath. Guys, all of this seems obvious so far, but have you ever gone out with a girl, thought she was great, drop dead sexy even, but the breath was a deal breaker. She had dragon breath. Well, you know, it is indeed a deal breaker, isn't it? That goes double for women. If you have nasty breath, don't expect a second date. Now, will she want to run her fingers through that hair?

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Not if it's greasy because it hasn't been washed in a few days. And it's like women have radar for this. They can detect this almost impossibly well when it's going on. Will she let those hands touch her? I'm talking to you guys who work with your hands every day, especially you guys who are mechanics and have dirt under your fingernails. Listen, you're doing great work for the world, but you're gonna have to clean those hands up, or women are never gonna let you touch them.

That goes for having ragged or nasty fingernails too. I would even go so far as to say your toenails should be clipped. Now, gentlemen, nobody's saying you have to go get like a manicure or go hang out in a salon with all the chicks. Nothing like that. But you have to keep your nails clipped, okay? Next, will she let that mouth kiss her? Guys, if you need serious dental work, if you've got yellow teeth, don't plan on kissing a lot of women. I mean, I wish I had better news for you, but I don't.

The solution is to clean up that mouth. Get the dental work done that you need to get done. And you know what? Let's just call it out. If you like women to perform oral sex on you, you have to be squeaky clean, front and back, not negotiable. Now, how about your personal spaces? Well, I once knew a guy who threw so many fast food wrappers on the floor and had so many almost empty paper cups in his VW that he literally got roaches in the car.

Okay. How about that? True story. Now, while women probably couldn't care less about how fancy and expensive your car is, it better be clean, especially inside. Or else, guess what? Following suit here, she's not going to get in it. Now, this is kind of an odd one because women are sort of hypocrites about this. Sometimes they have very messy cars and still won't get in your messy car. Well, don't worry about

them and their habits. Keep

Your powder dry, keep your ride clean. Next, let's talk about where you live. Gentlemen, if the carpets haven't been cleaned in months or even years, especially if you have pets, that's why your place has that funky smell you notice most after you come back after being gone a few days. And by the way, if we have to start talking about how you have a dog and your dog pees all over everything and you don't ever clean it,

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That could be why a lot of women aren't wanting to stay at your place very long once they step through the door. And guys, do I have to talk about litter boxes? Do I have to talk about cats? Most women don't even like men who have cats. So there's that. Anytime you cook, clean up after food preparation immediately and do the dishes immediately after that. Take out the trash regularly, not only in the kitchen, but especially in the bathroom. And yes, you have to keep that bathroom clean.

Especially the toilet. You gotta clean that toilet regularly. I know it's a chore, but you just gotta do it. And yes, clean the shower if you ever want to share a shower with a woman. Again, just like with your car, you don't have to live anywhere fancy. You don't have to have a palatial home, but your bedroom especially had better be clean if you want a woman in it. Know this. Women will never get into an unmade bed and will never, ever, ever

Get in a bed without clean, fresh sheets. We're talking clean as in a few days max, not weeks or months. Wash your sheets after every sexual encounter in said bed, no exceptions. This is the toll you pay, gentlemen, for getting women in your bedroom, and it's a small price to pay, really, right? Next we gotta talk about bodily functions, especially in the early stages of getting to know a woman, no burping or farting.

That would seem obvious, but it's not to everyone. Now, when you add it all up to women, this all classifies as the basics of taking care of yourself. And gentlemen, here's the subtle subliminal messaging to women. If you can't take care of yourself, you will not come off as a man who can protect, provide, and lead. A quick note here before we close. Some of this becomes slightly more negotiable when you've gone from the get-to-know you stage.

To a committed relationship. For example, burping and farting are gonna happen. Even she's going to do it eventually, in front of you, no less. As a matter of fact, you can directly gauge when you can indeed relax a bit on the burping and farting. It's when she does. The sheets probably won't have to be cleaned every other day, especially if you're at the point where you live with each other. But even if you're married 75 years, never.

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Let the hygiene slip. That part is never negotiable, even in the least. Wanna talk about this? Or anything else? Scot at mountaintoppodcast.com. Be good out there.