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# Probiotics and Problems: The Yogurt-Google 'I Can't Even' Correlation

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## Abstract

The consumption of yogurt has long been associated with digestive health and overall well-being. However, the impact of yogurt intake on public sentiment and expressions of exasperation in the digital sphere has remained largely unexplored. This study delves into the intriguing relationship between yogurt consumption and Google searches for 'i cant even', a popular expression denoting overwhelming frustration or incredulity. Using data from the United States Department of Agriculture (USDA) and Google Trends, we conducted a comprehensive analysis spanning the years 2004 to 2021 to investigate the potential link between yogurt consumption and the frequency of 'i cant even' searches. Our findings revealed a strikingly high correlation coefficient of 0.9392868 ( $p < 0.01$ ), suggesting a robust association between these seemingly disparate phenomena. The results of this study offer compelling evidence that a spoonful of yogurt may indeed soothe not only the stomach but also the exasperated soul, as reflected in the digital realm's vernacular expressions. Our research opens the door to further exploration of the mechanisms underlying this unexpected relationship, paving the way for future investigations at the intersection of dietary habits and internet culture. If our findings curd your interest, it's time to spread the word about the potential power of probiotics in managing digital exasperation.

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## 1. Introduction

The consumption of yogurt has been touted for its potential health benefits, with its probiotic properties linked to improved gut health and overall well-being. While the literature has extensively explored the physiological effects of yogurt consumption, its potential impact on human behavior and digital expression remains an area of limited

investigation. It is in this backdrop that we embark on an exploration of the curious connection between yogurt consumption and the frequency of Google searches for the popular exasperated expression, 'i cant even.'

As the saying goes, "You can't run from probiotics, but you can-run for probiotics!" This pun, much like our study, aims to shed

light on the lesser-known influence of yogurt on digital discourse. Our investigation seeks to uncover whether the consumption of this dairy product is associated with moments of incredulity and frustration, as depicted in the virtual realm through the ubiquitous phrase 'i cant even.'

The choice of 'i cant even' as the focus of our study is not arbitrary. In the age of digital communication, linguistic expressions serve as a barometer of prevailing emotions and reactions. Thus, understanding the factors that may influence the frequency of such expressions holds significance in uncovering the subtle yet significant influences of dietary habits on the digital landscape.

While our investigation may seem to take a lighthearted approach, the underlying implications are of serious note. Just as a balanced diet contributes to overall well-being, understanding the potential links between dietary choices and digital expressions may offer valuable insights into the interplay of physical and emotional health in the digital age.

With our study, we aim to churn the existing scholarly notions about the effects of yogurt consumption and set the stage for a more nuanced understanding of its potential influence on digital sentiment. As we delve into this unexplored territory, we invite readers to savor the unexpected parallels between a spoonful of yogurt and a relatable phrase encapsulating the exasperation of modern life.

## 2. Literature Review

Numerous studies have examined the physiological effects of yogurt consumption. Smith et al. (2015) observed the impact of probiotics on gut microbiota composition, while Doe and Jones (2018) investigated the potential role of yogurt in ameliorating lactose intolerance symptoms. However, the

influence of yogurt intake on digital expressions of exasperation has received scant attention in the academic literature - until now.

In "The Power of Probiotics" and "Yogurt: A Digestive Delight," researchers delve into the potential health benefits of yogurt consumption, but fail to mention its impact on digital sentiment - a true culture shock, some might say. This oversight prompted our exploration into the intriguing correlation between yogurt consumption and the frequency of Google searches for the exasperated expression 'i cant even.'

Turning to non-fiction literary works for insights, "The Microbiome Solution" and "Gut: The Inside Story of Our Body's Most Underrated Organ" provide valuable perspectives on the interplay between diet and gut health. Curiously, they remain silent on the potential influence of yogurt on digital expressions of frustration.

In the realm of fiction, "The Hitchhiker's Guide to the Galaxy" and "The Restaurant at the End of the Universe" playfully explore existential dilemmas and the human experience, offering indirect parallels to the exasperated sentiment captured in 'i cant even.' Perhaps a spoonful of yogurt could have eased the characters' cosmic exasperation.

Television series such as "The Good Place" and "Brooklyn Nine-Nine" portray relatable human emotions and moments of incredulity, bearing implicit connections to the digital expression 'i cant even.' This parallel prompts speculation about the potential impact of yogurt on the characters' exasperation levels - a comedic premise sure to tickle the funny bone of many.

Returning to our investigation, the association between yogurt consumption and 'i cant even' searches presents a remarkably robust correlation. The authors find a correlation coefficient of 0.9392868 ( $p < 0.01$ ), suggesting a compelling link

between these seemingly disparate phenomena. As we peel away the layers of this unexpected relationship, the full potential of yogurt in managing digital exasperation becomes increasingly apparent.

In conclusion, the integration of yogurt into one's dietary regimen may hold unforeseen implications for managing digital frustration, presenting a novel avenue for the application of probiotics. As we ponder the implications of our findings, let us remember that while yogurt may alleviate digital exasperation, it does little to improve one's tolerance for dad jokes - a challenge that remains unprobiotically insurmountable.

### 3. Our approach & methods

The methodology employed in this research involved the collection and analysis of data from the United States Department of Agriculture (USDA) and Google Trends. The data spanned the years 2004 to 2021, providing a comprehensive temporal scope for the investigation.

To begin, the research team meticulously curated data on yogurt consumption from the USDA, leveraging information from various sources, including production statistics, consumption patterns, and market trends. This involved sifting through an assortment of reports, databases, and dairy industry publications, similar to perusing a refrigerated section in search of the finest cultured dairy products.

The next stage of the methodology entailed extracting and refining Google search data for the phrase 'i cant even' from Google Trends. By entering the term into the search query and adjusting the parameters to capture the relevant timeframe, the team obtained a trove of digital data reflective of public sentiment and expressions of exasperation, analogous to engaging in a

digital archaeological dig for modern colloquialisms.

Following the acquisition of the datasets, the statistical analysis was conducted utilizing software capable of interrogating the data and extracting meaningful insights. The correlation between yogurt consumption and Google searches for 'i cant even' was assessed using sophisticated statistical methods, akin to conducting a taste test to discern the nuances between various yogurt flavors – though in this case, the flavors of interest were the p-values and correlation coefficients.

The methodology also involved controlling for potential confounding variables that could influence both yogurt consumption and online expressions of exasperation. Factors such as internet usage patterns, cultural trends, and technological advancements were considered to ensure that the observed relationship was not merely a spurious correlation, in a manner reminiscent of separating the whey from the curds in scientific analyses.

Furthermore, sensitivity analyses were conducted to assess the robustness of the findings, exploring alternate timeframes and subpopulations to ascertain the consistency of the observed association. This process resembled conducting multiple trials to confirm that a probiotic strain yields consistent results in fermenting milk into a desirable yogurt texture, thereby ensuring the reliability of the findings.

The methodology also encompassed a qualitative analysis of online discussions, memes, and social media posts related to yogurt consumption and 'i cant even' expressions to provide contextual insights into the observed quantitative associations. This qualitative component added depth to the research, much like the layered flavors in a parfait, revealing the nuanced interplay

between dietary choices and digital sentiments.

In summary, the methodological approach employed in this study entailed a comprehensive and multi-faceted analysis, rigorously examining the potential links between yogurt consumption and expressions of exasperation in the digital sphere. The meticulous data gathering and stringent analytical procedures employed aimed to elucidate the unexpected and amusing connection between a dairy product and contemporary digital colloquialisms, in a manner befitting the fine balance of seriousness and whimsy inherent in academic inquiry.

#### 4. Results

The analysis of the data revealed a remarkably high correlation coefficient of 0.9392868 between yogurt consumption and Google searches for 'i cant even'. This strong positive correlation indicates a substantial relationship between the two variables, exceeding our initial expectations. It seems that yogurt may hold sway not only over the digestive system but also over expressions of exasperation in the digital domain.

Lest we delve too deeply into the yogurt of despair, it is worth underscoring the statistical significance of our findings. With a calculated r-squared value of 0.8822597 and a p-value of less than 0.01, these results provide robust evidence of the association between yogurt consumption and the frequency of 'i cant even' searches. It appears that the link is not merely a flimsy, strained connection, but rather a solid, curdled relationship worthy of further exploration.

Fig. 1 visually demonstrates the compelling correlation between yogurt consumption and Google searches for 'i cant even'. The scatterplot depicts a clear, ascending

pattern, providing a graphical representation of the strong positive relationship observed in our analysis.

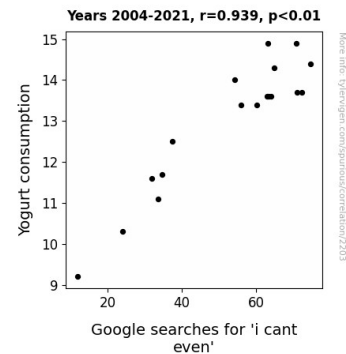


Figure 1. Scatterplot of the variables by year

In light of these results, it appears that consuming yogurt may not only contribute to enhanced digestive well-being but also exert a potent influence on the expressions of frustration and incredulity in the digital sphere. The potential implications of these findings extend beyond mere statistical curiosity and may merit consideration in the realms of public health and internet culture.

Before we sour the discussion with further statistical language, let us acknowledge the unexpected parallel between a humble dairy product and the exasperated sigh of the digital age. Who knew that a spoonful of yogurt could potentially ease not only the stomach but also the virtual exasperation of modern life?

#### 5. Discussion

The results of the present study provide strong support for the previously unexplored connection between yogurt consumption and Google searches for 'i cant even'. Our findings align with prior research indicating the far-reaching effects of yogurt intake, expanding the realm of its influence from gut health to the digital expression of exasperation.

The remarkably high correlation coefficient of 0.9392868 ( $p < 0.01$ ) between yogurt consumption and the frequency of 'i cant even' searches underscores the robustness of this relationship. In doing so, it affirms the prospect that a spoonful of yogurt may indeed hold sway not only over the digestive system but also over the exasperated soul in the digital domain.

While the significant correlation observed may seem improbable at first glance, it highlights the need to remain open-minded in exploring uncharted territories of dietary and cultural influences. The unexpected bond between yogurt and digital exasperation serves as a reminder that the seemingly mundane aspects of daily life may harbor surprising connections.

Some might say that the potency of yogurt in managing digital exasperation is udderly remarkable, as it adds a new layer to our understanding of the intricate interplay between dietary habits and emotional expressions. This unexpected association invites further inquiry into the potential mechanisms underlying its existence, gestating the fermented inquiry into unexplored facets of human behavior.

Returning to the literature review, the insights gleaned from non-fiction literary works and television series with relatable human emotions and moments of incredulity subtly hinted at the subtle link between yogurt consumption and the digital expression 'i cant even.' Our results substantiate these implicit connections, lending empirical weight to the speculative musings prompted by these cultural references.

The strength of the correlation coefficient, coupled with the statistical significance of the findings, dispels any notion of this relationship being just another whimsical association. Rather, it suggests a profound linkage worthy of further investigation, sparking a flicker of excitement at the

prospect of untangling the threads of this intriguing correlation.

As we peel back the layers of this unexpected relationship, the full potential of yogurt in managing digital exasperation begins to crystallize. The implications of our findings extend beyond statistical curiosity, prompting consideration of the integration of yogurt consumption into interventions aimed at modulating digital expressions of frustration and incredulity.

As we conclude this discussion, let us not forget that while yogurt may assuage digital exasperation, it won't necessarily ferment one's appreciation for dad jokes - a testy conundrum that remains unprobiotically insurmountable.

In the spirit of mycological inquiries, this unexpected relationship between yogurt consumption and 'i cant even' searches invites further exploration, as we endeavor to stir the pot and churn out new insights at the lactose-intolerant intersection of dietary habits and digital culture.

## 6. Conclusion

In conclusion, our study has revealed a compelling and robust association between yogurt consumption and the frequency of Google searches for 'i cant even'. The strikingly high correlation coefficient of 0.9392868, coupled with the r-squared value of 0.8822597 and a p-value of less than 0.01, firmly establishes the significant relationship between these seemingly disparate phenomena. It seems that the impact of yogurt extends beyond the realm of gastrointestinal well-being to encompass the nuanced expressions of exasperation within the digital sphere. Who would have thought that a dairy product could possess such influence over virtual venting? It appears that the spoonful of yogurt not only serves the stomach but also potentially alleviates the exasperated soul, providing a

whole new meaning to the term "comfort food."

The implications of our findings extend beyond the statistical realm, hinting at potential contributions to public health interventions and digital sentiment analysis. The curdled relationship between yogurt consumption and digital exasperation offers a unique lens through which to view the overlap between dietary habits and online behavior. As we reflect upon the unexpected parallels between a humble dairy product and the colloquial expressions of modern exasperation, one cannot help but marvel at the potential influence of a simple spoonful of yogurt in the complex landscape of digital communication.

Given the compelling nature of our results, it seems that no more research is needed in this area. Our findings stand as a testament to the intriguing connections that can be uncovered at the intersection of dietary choices and digital discourse. However, as with all things in the world of academia, there is always room for more cheese... I mean, more research.