New 2015 Food/Nutrient Research on Anxiety and Speaker Highlights

- Nutritional medicine as mainstream in psychiatry
- What if nutrients could treat mental illness?
- The gut microbiome and diet in psychiatry, and the guts of remote Amazon dwellers
- Dietary guidelines from Brazil, exercise, mindfulness, caffeine and social interaction
- Preschoolers on Medicaid being prescribed psychotropic drugs and other medication news
- Speaker highlights, gems and connections

I’m thrilled to be here to kick off *The Anxiety Summit* Season 3, to share more nutritional solutions for anxiety, panic attacks, social anxiety, OCD or obsessive tendencies, stress and overwhelm, and of course the negativity, emotional eating, and sleep problems that often go with anxiety!

It’s May 2015, and I’m really pleased to be sharing all these amazing speakers that I’ve gathered together for you: fellow nutritionists, integrative psychiatrists, functional medicine doctors, researchers, a chef, a health coach, wellness advocates, naturopaths, a physical therapist who is also a nutritionist, and a chiropractor as well as the founder of a mental health non-profit organization.
As you’ve gathered, I am Trudy Scott and I’m known as a food mood expert. I am a certified nutritionist, and I’m the author of *The Anti-Anxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings.*

You’re going to hear me say this at the start of every single interview, and I’d like to apologize in advance, but I have to do that in case you happen to only listen to one of them (just so you remember who I am). I’m really excited to bring these amazing speakers and this valuable info in this series of *Anxiety Summits.* We did Season 1 in June 2014. We did Season 2 in November last year, and now we are doing Season 3. Season 4 is being planned for October/November, and I’m even planning Season 5 for this time next year.

I want to just tell you a little bit about the reasoning behind these summits. I actually had someone say to me, “Didn’t you do *The Anxiety Summit* last year? How is this one different?” I want you to know that each one totally different with new information each time. We’ve got so much new research coming out and I like to share the new research. We do have some favorite repeat speakers, but when they come back, they are either sharing a totally new topic or they’re taking a deeper dive into an area that they may have talked about on a previous summit, and we just want to go a little bit deeper into the topic.

There’s so much new information coming out all the time. We want to continue to share that information and stay current with what’s going on. This is a very exciting field, and so much happening. We just need to keep on top of everything. There’s so much to share. There’s so many great practitioners out there that I want to share with you, and so much great information. I have a list of over 200 people that I want to interview on future *Anxiety Summits.* So I hope you’re going to enjoy this one and will join us for future summits.

I also had someone post on Facebook saying “I have got serious anxiety, and food and nutrients couldn’t possibly help me.” I just want you to keep an open mind and don’t discount the power of what you’ll be hearing here. I’ve worked with many people who have been able to get off their medications just by making some simple dietary changes, and adding in some nutrients. Some people need more than just some of the simple changes. Obviously, you may need more supplements. You may need more amino acids. You may need to look at heavy metals. You may need to look at gut issues. We’ll be talking about all of these possible contributing factors.

Just know that there is an answer out there, and it may be a nutritional one. It may be a biochemical one. It may be some kind of environmental toxin. It may be some kind of lifestyle behavior, but just be open to what you’re going to hear, and just try some of these things. Work with someone who can help guide you because it’s a matter of putting all these puzzle pieces together to try and figure out what the cause of your anxiety is.
We go through what this information can do for you and how it could help you. It could help you if you’ve got this very severe anxiety I was just talking about. You may have panic attacks. You may be currently using medications for your anxiety and/or your depression. It may also help you if you’re just ready to start taking care of yourself because you’re simply feeling stressed and overwhelmed.

What you’re going to learn about can eliminate social anxiety, and a condition called pyroluria. There’s a strong tie into introversion there as well. A lot of people who are anxious introverts get on the pyroluria protocol; they find that their social anxiety and their concerns about being around people go away. It will help with OCD and phobias, plus it’s going to help with this feeling of low grade feeling of fear, doom, and dread. You may have feelings of dread. You may have a racing heart. You may have that busy monkey mind that you can’t switch off, especially at night and those ruminating thoughts that just play over and over and over again in your head.

It can also end that constant worry, the feeling of perfectionism. That means you don’t get things done. Procrastination, which also means that you don’t get things done, and the who-am-I-to-be-doing-this? Often called imposter syndrome.

I’d love to share this quote from Season 1 again. I actually shared it in Season 2, but I want to share it again because it is so perfect. Julia Ross is the author of *The Mood Cure*. She was one of the speakers on Season 1. She’s one of my heroes, and she said, “On a scale of 0 to 10 with 10 being the worst, 0 is not an unrealistic goal when it comes to anxiety.” Zero. That means no anxiety. I really want you to hold that thought there and believe and know that you can get to the point of having zero anxiety.

I really agree with this. I experienced it myself. In my late 30s, I had terrible anxiety. I had panic attacks, and it was awful. It really was just terrible. I thought I was going to die. I had no idea what was happening to me, but I no longer have any anxiety. It’s a big fat zero. I had this perfect storm of all these root causes that contributed to my anxiety – gluten, adrenal issues, and a lot of stress, a vegetarian diet and eating a lot of soy, mercury toxicity, lead, low blood sugar. But I’m not going to go through my whole story again. I did share this extensively in the introduction call from Season 1. What I’m going to do is share that introduction call so you can hear everything. Plus all the research and the stats and the trends that I went over when I did the introduction for Season 1.

I do have one addition to my story. Our healing journey is a journey. We have all of these things that happen, and you’re going to find new things may crop up and new things may need to be addressed. I’m certainly still on that journey. I’m learning and I’m still exploring, and I’m still finding things that are affecting me. I discovered I have SIBO, small intestinal bacterial overgrowth. You’re going to hear me talk about that in my interview with Dr. Allison Siebecker.

But let’s just go to what zero anxiety looks like: cool calm, collected, relaxed, no overwhelm, this quiet peaceful mind, confidence, clarity, getting things done, focused,
comfortable in social settings. This might be your old self. You might say, “Wow, I’m just feeling like I used to feel, or I really want to feel like I used to feel.” But it also may be new if anxiety is all you know. I’ve spoken to many people over the years who just say they’ve been anxious since they can remember. They’ve always had this anxiety.

If that’s you and you implement some of these things that you’re going to hear on this Summit and the other Anxiety summits, you may find that you had no idea that you could feel as good as you’re going to feel. I want you to have that hope and to feel that there are some possibilities here. I want you to feel that lovely feeling like, “I feel on top of the world! I feel so amazing!” That’s what we really want. We really want to feel so great.

In this introductory call, I like to share some of the latest research on food and nutrients. I’m going to share some of that now, and then I’m going to share some other research that is not as nice as this. Then we’ll swing back around as to why we want to look at the food and the nutrient approach.

A little recap just on a little bit of stats. You’ve heard me say this before, but I just want to mention this in case there are some new people. Anxiety disorders are the most common mental illness in the US. Over 40 million adults are affected, and as I’ve said many times, these are old numbers. It’s probably higher than this. Women are affected at twice the rate than men. We know the incidence is increasing in both adults and children. I’m going to share some disturbing information about children in a little bit, but in the meantime, I just want you to know that despite all this, there is so much that we can do to turn this around.

This is one of the reasons I want to do these Anxiety Summits because it’s such an amazing way to reach so many people with this information. I get so much feedback from people saying, “Oh my gosh, I had no idea this was a possibility. I had no idea this information existed. This is life-changing.” That’s what I want it to be. I want you to hear this amazing research. I want you to hear practical solutions, and I want to hear from these amazing practitioners and researchers and health advocates and health coaches that I’ve gathered here today for you on this Summit and the other Anxiety Summits.

You’re going to hear how food and nutrients provide this very, very powerful approach for completely eliminating anxiety in many people. Now, for some people, food and nutrients will help to dramatically reduce anxiety. It may not completely eliminate it. For some, you need to do other things. You need to look at things like mold removal. Toxic mold can cause anxiety and other very serious health problems. You may need to address parasites and/or look into SIBO, small intestinal bacterial overgrowth. Getting out in nature is obviously going to help a lot.

Mind-body medicine can make a tremendous difference and then, of course, addressing things like methylation defects. We’re going to be discussing these in some of the interviews, so you’ll get some exposure to some of these concepts that may be contributing factors in your anxiety.
Now, I mentioned that there is research supporting this, so I want to just go through some of the latest research on food and nutrients and the microbiome. You can tell how excited I am about this. I love to share the research. I really think if we can share the research, there is more chance of this becoming mainstream and becoming standard of care. This is really what we need to be doing. We need to be looking at nutrients and food as prevention, and then also looking at it as a therapeutic way to help someone who has a mental health disorder.

I want to mention this paper first. It’s called “Nutritional Medicine as Mainstream in Psychiatry.” In the introduction for Season 2 in November, I mentioned that the ISNPR position paper “Nutritional Medicine as Mainstream in Psychiatry” which was penned by key members of this organization called the ISNPR, the International Society for Nutritional Psychiatry Research, had just been accepted by the leading mainstream journal called The Lancet. We talked about ISNPR in Season 1. Dr. Felice Jacka, the well-known food and mood researcher from Australia, is a founder of the organization. I’ll just give you the name of their website: isnpr.org.

Anyway, going back to the new paper, “Nutritional Medicine as Mainstream in Psychiatry.” It was published in January of this year, January 2015. I would like to go ahead and read an excerpt from it because I think it is very, very exciting to hear the kind of information that has been accepted into a mainstream psychiatric journal.

“Psychiatry is at an important juncture, with the current pharmacologically-focused model having achieved modest benefits in addressing the burden of poor mental health worldwide. Although the determinants of mental health are complex, the emerging and compelling evidence for nutrition as a crucial factor in the high prevalence and incidence of mental disorders suggests that diet is as important to psychiatry as it is to cardiology, endocrinology, and gastroenterology. Evidence is steadily growing for the relation between dietary quality (and potential nutritional deficiencies) and mental health, and for the select use of nutrient-based supplements to address deficiencies, or as monotherapies or augmentation therapies.”

What this means is that adding in diet and looking at nutrient supplements to address deficiencies or maybe just taking these nutrient-based supplements on their own or in addition to other approaches. This is powerful. This is just so exciting.

The abstract concludes with this: “We present a viewpoint from an international collaboration of academics (members of the International Society for Nutritional Psychiatry Research), in which we provide a context and overview of the current evidence in this emerging field of research, and discuss the future direction.” They end with this: “We advocate recognition of diet and nutrition as central determinants of both physical and mental health.”
What I’ll do is go ahead and share a link to this on the speaker blog so you can go and look at this paper and share it. Take it to your doctor. Take it to your psychiatrist. Take it to your therapist, and let’s get the word out about this because it’s very, very powerful and very, very exciting. I commend the ISNPR and all the researchers who are involved in this work because without them, we wouldn’t be getting this information out.

We don’t actually have Dr. Felice Jacka speaking on The Anxiety Summit this time. She did a wonderful interview in Season 1, but we do know that her and her team is still currently conducting the first randomized controlled trial that is looking at diet as a therapeutic approach for depression and anxiety. This is a randomized controlled trial. I’m really excited about it, and we will definitely have her back on The Anxiety Summit in the future to share once we have the results.

We do have Dr. Julia Rucklidge speaking on micronutrient research. She is one the ISNPR members, and she actually collaborated on this Lancet paper that I’m talking about, and has published many, many papers on mental health and nutrients.

One of the papers published by Dr. Julia Rucklidge and 2 other authors is this one: “What if Nutrients Could Treat Mental Illness?” This was published online this month. This is in May 2015 in The Australian and New Zealand Journal of Psychiatry. I’m going to read some quotes from this study because I just love some of it.

“We are at a tipping point in psychiatry. With few psychiatric drugs on the horizon and long-term studies suggesting medication may do more harm than good, it is time to revisit the very old idea that nutrition can have a positive effect on mental health. Knowledge of the importance of nutrition for health is said to go back at least 2700 years, to Hippocrates. For over a decade, researchers have been publishing treatment studies that show improvements in symptoms of irritability, anxiety and depression when people ingest various mineral and vitamin formulas as supplements to their diet.”

They also say, “Other research, especially from Australia and Europe, has supported the link between nutrition and mental disorders.” A lot of this work has actually been published by Dr. Felice Jacka. Then they say, “The growing body of literature on the effect of nutrients on mental health is compelling enough and consistent enough for us to pay attention. It is time to revisit the role of diet and supplementary nutrients in the treatment of mental illness and to invest in this line of research.”

Bravo ISNPR and Dr. Julie Rucklidge! You’ll hear more about this paper and some of her other research in the interview that I do with Julia Rucklidge. The title of that interview is “What if Nutrition Could Treat Anxiety and Depression?” Then, of course, we also talk about micronutrients in my interview with Mira and Jayson Calton.

I want talk about the microbiome, but before we do that, I just want to restate the titles of these papers: “Nutritional Medicine as Mainstream in Psychiatry” and “What if Nutrients
Could Treat Mental Illness?” I just like reading them again because I love hearing “nutritional and psychiatry” and “nutrients and mental illness” in the same sentence! I told you I was excited about it, but I really am because it’s just thrilling to be part of this emerging field where we’re going to actually change your life and change people’s lives that are anxious and have mental health disorders.

Now, the other area that we are seeing a lot of research in is the gut and the microbiome: a lot of research connecting the health of our guts with good mental health. I’m going to share a few papers. There are some pretty recent papers. We did have Dr. Ted Dinan speaking on Season 2. He’s the researcher from Ireland who coined the term “psychobiotics.” Let me share some of the new research that I discovered. There is a really interesting randomized controlled trial that tested, “the effects of multispecies probiotics on cognitive reactivity to sad mood.” I’ll share a link to this paper as well.

What they’ve found is that these multispecies of probiotic supplementation helped people with a sad mood. When they’re talking about multispecies, they’re talking about bifidobacterium bifidum, bifidobacterium lactis, lactobacillus acidophilus, lactobacillus brevis, lactobacillus casei, and a few other ones. So they used many different strains of probiotics. One thing they found which I thought was really interesting: it reduced ruminations and reduced aggressive thoughts. What they concluded is that: “Multispecies probiotics may be used as potential preventive strategy for depression.” This was published also just this year in 2015.

Now, the microbiome comes up in many of our interviews in Season 3: Dr. Daniel Amen talks about how important it is, and I even ask him if he’s now going to be called a poop doctor instead of a brain doctor! Yes, we bring up the word “poop” in our interview. It’s pretty funny.

We cover it, of course, in Summer Bock’s fermentation interview because fermented foods are obviously going to provide us with good bacteria. Then again in Dr. Allison Siebecker’s SIBO interview and then again in Ann Louise Gittleman’s parasite interview. The gut is really so important when it comes to mental health.

We also have this paper published in April this year. It’s called “Indigenous Bacteria from the Gut Microbiota Regulate Host Serotonin Biosynthesis.” Now, we know that it’s estimated that 90 percent of the body's serotonin, a brain neurotransmitter, is made in the digestive system. We know that altered levels of peripheral serotonin have been linked to irritable bowel syndrome, cardiovascular disease, and even osteoporosis. What we have is this new research from Cal Tech, and it was published in April in the journal called Cell. It shows that certain bacteria in the gut are important for the production of peripheral serotonin.

They found that there are certain cells in the gut; they’re called enterochromaffin cells. When they looked at germ-free mice, they produced approximately 60 percent less serotonin than the other mice that had conventional bacterial colonies. When the germ-free mice were recolonized with normal gut microbes, the serotonin levels went back up.
This showed that by addressing the gut, making sure you’ve got good bacteria in the gut, you can actually reverse low serotonin. Now, how cool is that?

Just changing the gut microbiome, you can actually raise your serotonin levels. Obviously, there are other approaches that we can do to raise serotonin. This is one of them. You’re going to hear a lot about serotonin in my interview with Dr. Peter Bongiorno. Really, really great interview.

Now, of course, we are now seeing how diet and lifestyle can affect the gut bacteria. In a study that published mid-April in the journal called Science Advances: “An international team of researchers has shown that the bacteria living in the digestive tracts of previously uncontacted hunter-gatherers that they discovered in Amazon jungle in Venezuela are the most diverse ever found in any human group.”

These hunter/gatherers had no outside contact with the world. Unfortunately, they were discovered. They found that their microbiome was the most diverse that they’d ever found. Now that they’ve made contact with other people, that’s unfortunately probably going to change. But very, very interesting that we are seeing so many different cultures with very different microbiomes compared to those of us in this western culture eating a western diet. I’ll share a link to that study as well because it’s fascinating.

Now, there’s another study I wanted to share with you, and I’m not quite sure what to make of it. It was also published in April, and it’s actually comparing South Africans eating an American diet to Americans eating a South African diet! In case you don’t know, I’m South African. So when I see a study from South Africa, I’m pretty excited. In this particular paper, they say, “We performed a two-week food exchange in subjects from the same populations, where African Americans were fed a high-fiber, low-fat African-style diet and rural Africans were fed a high-fat, low-fiber western-style diet.” They compared their diets, and what they found is that when they switched diets, remarkable changes in the microbiota.

It was actually a study looking at markers for cancer risk, but what they also found is that the microbiome changed very dramatically. This is just in a two-week period - major, major change. Now, the reason I said I’m not really sure what to make of this study is that, as I said, I grew up in South Africa and the diets that they fed to the African-Americans, that they said was typical for the rural Africans is not something that I am familiar with – not for white South Africans or black South Africans. They talk about okra being a traditional African food, and I had never heard of okra until I came to the U.S.!

The other thing that they have is a very heavy emphasis on corn, and unfortunately, the corn in South Africa is often genetically modified. So that concerns me. Tim Noakes, a professor and MD in South Africa, and very involved in the athletic world, has come out with a book on the Banting diet. This is a version of the Paleo diet or the caveman diet.

As a result of that, many South Africans are now eating a lot more animal fat and more protein, which in my mind, is healthy provided it’s good quality fat and good quality
protein. We are seeing differences in the diet, and I’m really going to have to dig deeper on this one, but I wanted to share it because, to me, the compelling information is that they saw changes in the microbiome in just two weeks! That, to me, is pretty powerful.

Now, onto something I also wanted to share along some different lines. This was the 2014 Dietary Guidelines of Brazil.

While some guidelines are obvious like, “Make natural or minimally processed foods the basis of your diet,” there are some pretty interesting ones. One of them is, “Be wary of food advertising and marketing.” I thought that one was quite funny. Then there are parts that I really love, and I think are also wise. I’m going to share a link to this so you can read all of this, and I’m just going to highlight some that I think are really important that we often don’t talk about and we really want to start talking about.

One of them is, “Eat slowly and enjoy what you are eating, without engaging in another activity.” How many of us do that? How many of us are eating on the run while we’re doing a hundred million other things? I think that was a really good one. They also say, “Eat in clean, comfortable and quiet places, where there is no pressure to consume unlimited amounts of food. Whenever possible, eat in company, with family, friends, or colleagues: this increases the enjoyment of food.” How lovely is that?

We actually talk about this in the interview with Dr. Daniel Amen; sitting around the table enjoying lovely family time or time with friends so you can really, really enjoy your food. This is going to really help your digestion as well and get the smell of food and to eat it slowly and to eat it in a relaxed manner.

Then they also recommend these steps on cooking, which I think are just perfect. “If you have cooking skills, develop them and share them, especially with boys and girls. If you do not have these skills, men as well as women, acquire them. Learn from and talk with people who know how to cook. Ask family, friends, and colleagues for recipes, read books, check the internet, and eventually take courses. Start cooking!” How wonderful is that? What wonderful recommendations to have as dietary guidelines. They’ve got some other guidelines, of course, related to eating real food, avoiding the processed food, and all that other good stuff. But I just think these are just wonderful wisdom that we can all learn from.

Making these changes; learning to cook, eating slowly, eating real food, adding in the nutrients, all of these things I’ve talked about up until now are so important.

There are a number of reasons we must get on board with this. I’m going to share some papers that really bring this point home. One of them is this paper that I came across earlier this year, and it talks about preschoolers on Medicaid being prescribed psychotropic drugs, and it’s very disturbing to me.

What they found is that 1.2 percent of American preschool children on Medicaid are using psychotropic drugs. This includes antidepressants, mood stabilizers, and
medications for attention-deficit disorder. What they did is extract Medicaid data from 2000 to 2003 from 36 states. They found that these preschoolers are receiving these psychotropic medications despite limited evidence supporting safety and efficacy. What is really horrifying to me is that some of the infants identified in the study are under one year old! I just can’t even imagine it! It just boggles my brain. It’s very, very disturbing.

The results of the study are published in the March issue of The American Journal of Public Health. I’ll be sure to share a link to that so you can read up on that.

I’m sure poverty and diet is a big factor, but could SSRI use in moms who are on the Medicaid program be a factor in why they feel that some of the preschoolers are on psychotropic drugs? The reason I’m saying this is because we have this new study that was published by researchers from the Norwegian Institute of Public Health (NIPH), and the University of Oslo, and the Hospital for Sick Children in Toronto, Canada. It’s called “Behavioural Effects of Fetal Antidepressant Exposure in a Norwegian Cohort of Discordant Siblings.”

What they found is that, “Three-year-old siblings exposed to antidepressants in pregnancy show increased anxiety symptoms compared to their unexposed siblings.” What we’ve got is brothers and sisters and those that were exposed to antidepressants while they were in utero had increased anxiety. Those that weren’t, didn’t have the anxiety. They think that, “The mechanism behind this is that the antidepressant drugs, particularly the SSRIs, alter the serotonin levels in the brain of the fetus.” They feel that this can affect the brain development.

The also feel that the depression of the mom alters serotonin levels in the fetus and increases the level of the stress hormone called cortisol. We know that cortisol can also influence brain development of the fetus.

This is one of the big reasons why I am hosting these Anxiety Summits and why we are doing Season 3; so we can get this message out to more people who need help, and to health practitioners who are looking for more answers for their patients and their clients!

When we learn to cook and we sit down for a family meal and we make food changes, and we add nutrient-dense food like quality animal protein, broths and nourishing sauerkraut, and we address these nutritional and neurotransmitter deficiencies, when we remove toxins like mold, we address gut health, we support methylation, we balance our hormones, and everything else that you’re going to hear about in the next two weeks, we can feel calm and at peace and happy and on top of the world. This is what I want. This is what I am really, really looking for.

What I want to do now is just go through each of the speakers and give you an introduction. I’m going to share a few little gems from our interviews. This is so you can be inspired to listen to all of these great interviews that are coming up.
We have Dr. Daniel Amen, MD. He is the author of *Change Your Brain, Change Your Life*. The topic of our talk: “The Brain Warriors Way to Attacking Anxiety, Depression and Aging.” We talk about the difference between women’s brains and men’s brains, the microbiome, and as I said, we talk about poop! [laughs] We had a good laugh. He’s got a great sense of humor. We had lots of laughs, which of course, are great for a good mood.

We also talk about the birth control pill link to SSRI use, and this is possibly another tie in to the Norwegian study that I just mentioned. Moms on birth control pill, SSRIs, kids becoming anxious, kids being put on psychiatric meds. We have got to go back to the root cause of some of these problems.

Then Dr. Julia Rucklidge, PhD. I mentioned her earlier. She is a professor of Clinical Psychology. She is a Micronutrient Researcher, and our talk, “What if Nutrition Could Treat Anxiety & Depression?” She shares great information on all the research that she is doing in the micronutrient field. These are basically multivitamins. I just love the New Zealand earthquake PTSD micronutrient study that she shared! She was very active in supporting New Zealanders who had been exposed to a recent earthquake and were suffering from post traumatic stress disorder. When they got on the micronutrients, it helped them deal with the stress a lot better.

Next, Rebecca Katz, MS. She is the author of *The Healthy Mind Cookbook*. This is a brand new cookbook, which I highly recommend. Our topic: “Your Brain on Food: The Science & Alchemy of Yum for Alleviating Anxiety!” There was really so much yum in this interview. I’m just salivating when I think about it. I have a whole new appreciation for parsley and mint and you will too, I assure you. I just love that she loves sardines too.

Sardines are one of my favorite foods, a nice go-to food when I’m traveling. I just actually got back from a nutrition conference, and I had sardines on the plane, and I had sardines in the airport. I had sardines at various times on the weekend. She actually says, “Sardines are like Prozac in a can.” I think that’s quite funny, but they really are wonderful.

Then we have Summer Bock. She is a Fermentationist, and our talk: “Sauerkraut for Gut Healing and Reducing Anxiety.” Again, lots more yum. Lots on gut health. Lots on research showing how beneficial sauerkraut and fermented foods are. Then really great practical information on how you can make sauerkraut at home. Healthy, easy, practical solutions.

Then we have Dr. Peter Osborne, DC. He is the author of *Glutenology*, and our topic, “Grainflammation - How Grain Consumption Contributes to Anxiety.” Just wait until you hear the information on corn gluten. This is something that is not spoken about a lot. Very, very interesting and very different approach to some of the other practitioners that I have interviewed. He’s got a very different approach for testing for gluten sensitivity. It’s quite unique and it’s certainly something that I’m going to be looking into and considering myself.
Then we have Lierre Keith. She is the author of *The Vegetarian Myth*. Our talk: “Anxiety, Depression, and the Vegetarian Diet.” She shares her vegan story and how this diet led to her anxiety, her very low blood sugar symptoms, and many, many physical problems, and why and how she changed her way of eating. Her story and her message are just so inspiring. It was just wonderful to have her share the inspiration and then the practical steps behind why you might want to reconsider a vegan diet. A lot of passion in her story and her sharing.

Then we have Kaayla T. Daniel PhD, CCN. She is the author of *Nourishing Broth* and a great book on soy called, *The Whole Soy Story*. Our topic: “Real Food for Anxiety: Butter, Broth and Beyond.” She, of course, shares why soy is harmful and has so much wisdom on eating traditional healing foods, like butter and broth and many nutrient-dense wonderful foods.

Then we have Dr. Allison Siebecker, ND, LAc. She is a SIBO specialist, and our interview: “Small Intestinal Bacterial Overgrowth & Anxiety.” She shares how 60% to 84% of those with IBS actually have SIBO. We both talk about the fact that we both have SIBO and how we are very happy that we are able to control it with diet, which to me is very powerful. We can actually control symptoms with diet. Some people may say, “Well, oh my gosh. Don’t you feel deprived? You can’t eat this. You can’t eat that.”

But we both just feel that we’ve got the power in our hands to control our lives by making dietary changes. This is something that I really want to get across that you can be empowered with this information. You don’t have to feel overwhelmed. You don’t have to feel deprived. This is empowering. This is educating you so you can actually take your health into your own hands. We also talked about a very exciting underlying cause that has been discovered as a contributing factor for many people who have SIBO. It’s often due to some kind of past infection like traveler’s diarrhea or gastroenteritis. This is a pretty new discovery, and she was very excited to be sharing it. There is ongoing research in this area. We don’t have all the answers. We are still moving forward, but it is exciting to see that there is so much research on SIBO certainly in the last ten years, and way more than before I started doing this.

Then we have Ann Louise Gittleman PhD, CNS. She is the author of *The Fat Flush* and *Guess What Came to Dinner*. The talk was: “The Parasite/Anxiety Connection.” She shares how 1 in 3 people have parasites and how this parasite, called Toxoplasma gondii, can actually affect our immune system. It can raise pro-inflammatory cytokines. These cytokines are then able to cross the blood-brain barrier and they can actually alter neurotransmitters like serotonin and dopamine. This is just one mechanism on how parasites can affect our mood, but it was a pretty interesting discussion. Toxoplasma gondii is the one that has been most studied when it comes to anxiety, depression, and also schizophrenia. But we can certainly make some extrapolations to some of the other parasites.
Then we have Dr. Eva Selhub, MD. She is the author of Your Health Destiny and Your Brain on Nature. Your Health Destiny is actually a new book that’s just been released as well. Lots of great authors on The Summit, of course. Our topic: “How to Heal Anxiety with Nature and the Body.” I really just love her message about how she talks about the body whispering before we crash. This is a big lesson for us to really pay attention. Of course, I’m all ears when someone talks about nature and getting out into the forest and uses this term like “forest bathing.” When I hear that term I just smell those pine needles in the forest! I’m just so big on nature. I think it’s wonderful, and we’ve got so much research showing how beneficial getting out in nature can be. So why not do it? It’s just beautiful. We don’t really need the research to show us, but it is exciting to see that there is research supporting this.

Then we have Dr. Jill Carnahan, MD. She is a Functional Medicine Practitioner. The topic: “Is Toxic Mold the Hidden Cause of Your Anxiety?” Now, toxic mold is underrated as a causative factor in anxiety and other health issues, but after this interview, I know you’re going to take it seriously. It’s really interesting because she’s in Colorado. It’s a dry place. You would not expect there to be mold in a dry place like Colorado, but it was a problem in her office. She is seeing more and more people with issues. It is something that we need to take seriously.

This goes back to finding the root cause. We always want to go back to the root cause, find the root cause of the anxiety, and then address it! In this case, remediating the place that has the mold, and then starting to heal the body. She shares how you do that in a very, very interesting interview.

Then we have Joe Tatta, DPT, CCN. He is a doctor of physical therapy. He’s also a CCN, so he’s a nutritionist and Musculoskeletal Pain Expert. Our topic: “Nutritional Influences on Anxiety and Musculoskeletal Pain.” Really great interview talking about magnesium for anxiety and pain, other nutritional factors for anxiety and pain. The discussion on GABA and the fascia was very interesting as was his discussion about the effects of benzodiazepines on the muscles. That’s all I’m going to say. You’re going to have to listen to that interview to find out more.

Then we have Magdalena Wszelaki. She’s the founder of Hormones Balance. Our interview: “Foods to Balance Your Hormones and Ease Anxiety.” We talk about how xenoestrogens, like plastic, affect us and how low progesterone makes us more anxious; the effects of low estrogen and some really cool seed rotation recipes for balancing our hormones so we can balance out the estrogen and progesterone. This was a jam-packed call, so jam-packed that we had to split it into two interviews. We’ve got two great back to back interviews covering different aspects on how food can balance your hormones and ease anxiety.

Then we have Dr. Benjamin Lynch, ND. He’s a naturopath and MTHFR and methylation expert. Our topic: “How Methylfolate Can Make You Feel Worse and Even Cause Anxiety.” He shared how individualized this is and how your need for methylfolate can vary on a weekly basis and even vary on a daily basis! The whole
B12/methylfolate discussion was also very interesting and really relevant. So was our discussion about Carl Pfeiffer’s amazing past work and the work of Dr. William Walsh.

I’ve seen Carl Pfeiffer’s protocols on low histamine and high histamine work very effectively. Clearly, we’ve got a meshing of the minds that needs to happen because you’ve got the old timers and then we’ve got this new research, and we need to really bring things together. I’m really excited to have started the discussion and hopefully continue the discussion with interviewing Dr. Walsh and some other people using Carl Pfeiffer’s approaches.

Hopefully, we can try and get Dr. Lynch and Dr. Walsh together so they can talk and hash things out so we can get some clarity because there is definitely some confusing terminology that we need to address.

Then we have Mira Calton, CN, and Jayson Calton, PhD. They are micronutrient specialists, authors of Naked Calories and the forthcoming book called The Micronutrient Miracle. Our interview: “Micronutrients for Eliminating Anxiety.” We had a really fun interview. I loved talking about the arctic apple. The whole web of competition discussion was fascinating, and of course, I was really, really pleased to hear they also say, “No copper in multivitamins.” I’ve been saying this for years. We don’t need added copper in a multivitamin and certainly if you have pyroluria, you don’t need additional copper. A lot of people who have anxiety have low zinc levels, and you don’t need the added copper. That’s going to just make it worse. That was a really great discussion.

Then we have Yasmina Ykelenstam, the Low Histamine Chef. I’m not even going to try and say her last name because I really made a mess of it in the interview, but you will know her as the Low Histamine Chef. We talked about: “Histamine-containing Foods: Their Role in Anxiety, Depression and Schizophrenia.” This is not a well-recognized topic despite all the research in this area. But it can cause really serious issues. We talked about all of the different symptoms that you may have if you have an issue with histamine-containing foods.

This is a pretty new area to me, and I was really excited to interview her, and I’m really excited to bring you this information. Of course, I’m going to be learning more, so I will be bringing more to you as I learn more. Some of the discussions were fascinating. The benzodiazepine histamine information is really concerning. We also talked about pink Xanax pills and how that can be problematic if you have this histamine intolerance. A little bit concerning – I shouldn’t say a little bit – very disconcerting. You’ve heard me talk many times how I’m not a fan of benzodiazepines in the first place. They’ve got enough issues on their own, but now we add in this factor of the histamine, and it just makes them a lot worse! I think is really, really important to be getting this message out.

Dr. Peter Bongiorno, ND, author of Holistic Therapies for Anxiety and Depression. Our interview: “Serotonin and Anxiety, Happiness, Digestion and our Hormones.” We shared plenty of information on tryptophan, 5-HTP, oxytocin, which is one of my new favorite areas of interest, and also lithium. This is a wonderful interview! We also talked about
oxytocin, the love hormone in the interview with Dr. Eva Selhub. Oxytocin plays a role in social anxiety and it helps reduce social anxiety. I’m going to be sharing more about that in my interview that I do on pyroluria and amino acids.

Then we have Karla A Maree, CNC. She’s a Certified Nutrition Consultant and Neuronutrient Therapy Specialist. Our interview: “Pyroluria, Amino Acids and Anxiety: Real Cases, Real Solutions.” We talk about two people, what worked for them was very practical and very detailed!

Then I am thrilled that I’m to be interviewed by Dr. Josh Friedman. That interview is still going to be done next week. He’s a Season 1 speaker with a famous quote that I like to mention. He said, “I don’t care how GABA works. I just know it doesn’t harm my clients, and it does help them!” He is a therapist who uses amino acids in his practice. He uses the pyroluria protocol, so I’m just thrilled to have him interview me on this topic called, “Pyroluria, Amino Acids and Anxiety: Troubleshooting When You are Not Getting Results.” In Season 1, I talked about pyroluria. In Season 2, I talked about the amino acids extensively.

Now, we’re going to take it a step further and talk about how to troubleshoot when you aren’t getting those results. Addressing pyroluria and neurotransmitter deficiencies are often really straightforward for a lot of people, but sometimes it’s not. I’m going share some real gems, and I’m going to share some common questions that I get.

Then we have Dr. Kim D'Eramo, DO. She is the author of The MindBody Tool Kit. “How to use MindBody Medicine to Reverse Anxiety” Is chock full of practical information and just wait until you hear about the broccoli pose – yes, the broccoli pose! I love it.

Then we have Lebby Salinas, The Fooducator: “How Gluten Elimination Healed Me & Eliminated my Anxiety.” She shares her very powerful story of how she was on her death bed, and literally had a very short time left to live. She found answers. She actually found answers with Dr. Tom O’Bryan, the gluten doctor who we’ve had on a prior Summit. She healed herself, eliminated her anxiety, and now she educates others about the power of food: the healing power of food. Really, really inspirational.

Then we have Dan Straford. He is the President of Safe Harbor, the world's largest site on non-drug approaches for mental health. His interview: “My Anxiety Story and the Message of Hope We Offer.” The big takeaway from this interview, other than this message of hope that they offer and that we all want to offer, is that the human mind and the human body is very complex. There are many overlapping factors can contribute to your anxiety.

This leads perfectly into my closing call where I cover over 60 Nutritional and Biochemical Possible Causes of Anxiety & the Solutions. I don’t want you to go, “Oh my gosh, 60? Now I feel even more anxious.” I just want you to understand that it may be simple. It may be one or two factors that are contributing to your anxiety, but it may
be more complex. If it is, this is going to be a great list for you that you can use as a resource to check things off and go through them until you find the solution for you. Assuming that it is a nutritional or biochemical cause that is contributing to your anxiety.

That’s it for the speakers. I want to go through a few housekeeping notes, and then I’m going to share the gift that I have for you to inspire you and to give you some joy.

Let’s just go through the housekeep notes. I want to explain how this is going to work. You’ll get to hear 2 amazing interviews every day, and that will be available for a 24 hour window from 9:00 AM PST to 8:59 AM PST the next day. You are going to use the same LINK each day. We will swap out the speakers automatically in the background. You’re going to get a daily e-mail with a reminder of the speakers. This daily e-mail may arrive before we swap out the speakers of the day. It may arrive before 9:00 AM PST. Just wait patiently. At 9:00 AM, the new speakers will show up automatically like magic. I’ve got a wonderful assistant, Mika, who makes all this magical stuff happen in the background.

Be sure to download your digital gifts from our wonderful speakers. They have kindly donated things like:

- “Brain Warrior’s Way”: a 3-part online video series
- “Parasites – Still the Greatest Masqueraders of All Time” e-book
- Folate video presentation and methylation pathway planner
- “Paleolicious Snack Ideas”
- “The Backpain Breakthrough” videos
- “Be Souper: 7 Ways to Boost Your Energy and Health with Broth”

Many, many more. You’re going to see all of those on the speaker gift page, and you’ll actually see it with each speaker of the day, but there is a whole gift page with all of these listed. Be sure to take advantage of this wonderful information that is being shared from our great speakers.

Then there is a special gift from me, and I’m going to talk about that in a little bit. I want to just share a little bit more housekeeping. There are blogs that I create for every speaker. These will have additional resources. They’re going to have some excerpts from our interview, and it’s going to have links to a lot of the studies. It’ll have the authors’ books, and this is on my blog, everywomanover29.com/blog. You’re going to see a link on the speaker page. We’re also going to have that link on the gift page so that you can go back and look at it.

You are welcome to comment on the blog. You can ask questions. You can give us feedback. You can tell us what you’ve done, what you’ve found. This is a place for you to communicate with me and with the speakers and with other participants. You can also ask questions and you can comment on the Facebook section below the daily replays. I know not everyone is on Facebook. That’s why I’ve created the speaker blogs. You can comment on the Facebook section and you can comment on the blogs as well. Just let us
know what you’re thinking. Let us know if you’ve got questions, and we will be here to answer your questions.

I’ll be actively engaging on the blog and social media. Things get a little bit busy during The Summit. I will get back to you. Just be patient if you ask a question. I will swing around, and I do get back to all the questions and all the comments. I love to communicate with you, so please go ahead and let me know what you’re thinking and if you’ve got questions. You can find me on Facebook, trudyScottAntianxiety Food Solution. You can find me on Twitter @foodmoodexpert, and Google Plus and Pinterest. My handle there is TrudyScott.

Before we end with my gift to you, I just want to read this disclaimer and this applies across the board: “The information provided in The Anxiety Summit via the interviews, the blog posts, the website, the audio files and transcripts, the comments and all other means is for informational and educational purposes only and is not intended as a substitute for medical advice from your physician or other health care professional. You should consult with a healthcare professional before starting any diet, exercise, or supplementation program, before taking or stopping any medication, or if you have or suspect you may have a health problem.”

Now I want to end with some inspiration and my gift for you.

In Season 2, I talked about how music is good for our mood and how it’s calming, and how it gives us joy, and the fact that we’ve got research to show it even lowers cortisol! I’m sure you’ve experienced this. You listen to a good song, and you just really feel good.

In Season 2, I launched the theme song for The Anxiety Summit. If you were in Season 2, this is not new to you. If you are brand new to The Summit, I want to share that we have the theme song called “Top of the World”! I worked with a wonderful talented singer/songwriter, Amma Jo, and we created this song. I am gifting you this song. You get to download and listen to your own copy of “Top of the World”!

I want it to be an inspiration for you and as someone said during the first season, I want this song and this Summit to be “a bouquet of hope” for you because you deserve to feel on top of the world all the time! We all deserve to feel absolutely wonderful. I can’t sing. I’m going to just read two of the verses, and you will see the download with this interview and on the gift page for this song called, “Top of the World.”

Let me share a few sentences here:

A new beginning, a brand new day  
All of my fears are gone away  
I feel so calm, so free, so whole  
Right now, I’m feeling on top of the world
My very best days are yet to come
All anxiety and fear are gone
A whole new life I’ve never lived before
Right now, I’m feeling on top of the world

A few final words from me. These are things you’ll hear me say often. Don’t tolerate how you feel. The fact that you’re here signed up for The Summit means that you’re not wanting to tolerate how you feel, which is great. Don’t give up hope. Don’t ever give up hope and keep looking for answers until you have zero anxiety. There may be one root cause. There may be many, but you will find the answer and you can end your anxiety!

Many people have eliminated the anxiety by following one or more of these things we’re going to talk about in this Summit and the other Summits. Keep in mind that what we’re talking about in this Summit is not everything because we did have topics in the prior Summits that we are not addressing this time. One of them, for example, is a heavy metal like mercury. We had two long interviews on that in the previous Summit, but there are many root causes. I’m going to go through all of those in the final interview of this Summit, so you will have a list of all of them.

It’s a list that may grow as we add different possible root causes, but this going to be a great starting point for you so you can find the answer and you can have zero anxiety.

Finally, I want to just end with something that I always say all the time. It deserves repeating. “You deserve to feel your absolute best, and can and you should feel on top of the world - always!” We all want to feel on top of the world.

Enjoy Season 3 of The Anxiety Summit! This is Trudy Scott signing off.

Speaker blog: http://www.everywomanover29.com/blog/2015-anxiety-research/

Trudy Scott, CN, host of The Anxiety Summit, Food Mood expert and author of The Antianxiety Food Solution

Food Mood Expert Trudy Scott is a certified nutritionist on a mission to educate and empower anxious individuals worldwide about natural solutions for anxiety, stress and emotional eating. Trudy serves as a catalyst in bringing about life enhancing transformations that start with the healing powers of eating real whole food, using individually targeted supplementation and making simple lifestyle changes. She works...
primarily with women but the information she offers works equally well for men and children.

Trudy also presents nationally to nutrition and mental health professionals on food and mood, sharing all the recent research and how-to steps so they too can educate and empower their clients and patients.

Trudy is past president of the National Association of Nutrition Professionals. She was recipient of the 2012 Impact Award and currently serves as a Special Advisor to the Board of Directors. Trudy is a member of Alliance for Addiction Solutions and Anxiety and Depression Association of America. She was a nominee for the 2015 Scattergood Innovation Award and is a faculty advisor at Hawthorn University.

Trudy is the author of The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood and End Cravings (New Harbinger 2011). She is also the host of the wildly popular Anxiety Summit, a virtual event where she interviews experts on nutritional solutions for anxiety.

Trudy is passionate about sharing the powerful food mood connection because she experienced the results first-hand, finding complete resolution of her anxiety and panic attacks.

The information provided in The Anxiety Summit via the interviews, the blog posts, the website, the audio files and transcripts, the comments and all other means is for informational and educational purposes only and is not intended as a substitute for advice from your physician or other health care professional. You should consult with a healthcare professional before starting any diet, exercise, or supplementation program, before taking or stopping any medication, or if you have or suspect you may have a health problem.