



BILE: KEY TO ANXIETY AND HORMONE HAVOC

Guest: Dr. Ann Louise Gittleman, PhD, CNS

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Trudy: Welcome to the Anxiety Summit, Season 5. I'm Trudy Scott, food mood expert, certified nutritionist, author of *The Antianxiety Food Solution*, host of the Anxiety Summits. We're now in our fifth season of the Anxiety Summit. And the theme is the Gut-Brain Axis. We're talking all things gut related and tying it back to anxiety.

And today, we have Ann Louise Gittleman and our topic is why Bile is the Key to Anxiety and Hormone Havoc. And it's truly wonderful to have you back on the Anxiety Summit, Ann Louise, and have you speak on this important topic of bile and how it relates to hormone health and anxiety.

Ann Louise: And it's a pleasure to be with you because the connection between bile and hormone havoc and anxiety is one that is not readily understood in this day and time, Trudy Scott. So I'm delighted to share and discuss this with you on this Summit.

Trudy: Well, I'm delighted to have you back and have you talk on a new topic. You've been very popular on prior Anxiety Summits. And you've got so much to share. So I'm going to go into your bio and then we'll get right into it.

Ann Louise: Wonderful!

Trudy: Ann Louise Gittleman is a *New York Times* bestselling author of over 30 books on diet, detox, and the environment, and women's health. Beloved

by many, including myself, she's regarded as a nutritional visionary and health pioneer who has fearlessly stood on the front lines of holistic and integrative medicine.

A Columbia University graduate, Ann Louise, has been recognized as one of the top 10 nutritionist in the country by *Self* magazine and has received the American Writers Association Award for Excellence and a Humanitarian Award from the Cancer Control Society. You can connect with Ann Louise at AnnLouise.com and on Facebook, Ann Louise Gittleman.

Again, a very big welcome and let's get into why Bile is the Key to Anxiety and Hormone Havoc. And I'd love you to start, Ann Louise, with what bile is, what the function is, and where it's produced?

Ann Louise: Good question because we have to make bile, it's important as probiotics, Trudy. And that's what my mission is these days. Bile, number one is a digestive fluid and a detox method, which is actually produced by the liver. The liver produces at least one quart of this greenish, yellowish fluid that has a three-fold function. Number one, it breaks down fats into small useable particles. Number two, it flushes out toxins, and hormones, and heavy metals. And number three, it enables us to enhance thyroid function to keep us slim and trim.

So those are three functions of this wonderful fluid that has gotten very little press these days. And that's why it's so important to understand how important bile is to the body in terms of digestion, hormones, and anxiety.

Trudy: And it's produced in the liver, but stored in the gallbladder. So what if we don't have a gallbladder because this is a common medical procedure to say, "Well, we don't need this gallbladder, let's remove it?"

Ann Louise: Well, that's the issue. That's the rub. And that's why it's so important if you don't have a gallbladder, and so many people are not told this, that you use some sort of gallbladder support digestive elements, whether that is bile salts or bitters that can assist in digestion and helping your body to natively produce more bile or you take even certain herbs that are important that are known as bitters.

So there are many things you can do if you don't have a gallbladder. And if you can at all in any way support and keep your gallbladder, under any circumstances, I would suggest you do that. My motto is to let gallstones lie. In other words, "Let sleeping gallstones lie." There are natural things you can do so that you don't have to have your gallbladder removed.

And one of those important elements for those that do not have a gallbladder or who are thinking of having a gallbladder removed is to be able to use some sort of Phosfood element that is from Standard Process which is a kind of acid that is so important in breaking down bile stones. So there are apple juice cleanses that people have gone through. But this particular element that I like from Phosfood from Standard Process will actually start to break down the bile into useable component so the sludge does not gunk up the bile ducts.

Vitally important to keep your gallbladder so that when you eat these high-fat diets, your body has a time release of bile to digest and assimilate the fats. It's absolutely insane to think that so many people in our industry...And you know, as well as I that everybody that is on a high-fat diet bandwagon don't talk about the importance of digesting the fat that you're taking in in these 70% high-fat Keto diets.

So I'm all for fat. Written about it for years. Been on the frontlines of essential fatty acids, but if you're not digesting it, you're not utilizing it, and getting the benefits of your fat-soluble vitamins like vitamin A, vitamin D, vitamin E, and vitamin K. So bile is brilliant. Bring back the importance of bile. And we know that bitter is better. If you can remember all of that, you're on the right track to dealing with your anxiety and hormone havoc.

Trudy: This is wonderful. So I want to recap on a few things you said because I love some of your soundbites. "Make bile as important as probiotics." That's a good one. And then you said "let sleeping gallstones lie." I love that. And "bitter is better" so that was really good.

So I've got a follow-on question for you. We're going to be talking a little bit later about how to further support the gallbladder so this will help, obviously, prevent gallstones in the future and will also prevent the need to even consider having your gallbladder removed. So we'll get to that.

So if you're wondering what we can do, that's great. But I just wanted to follow up on the Standard Process product that you mentioned. Can you just spell it for us so we make sure we get it correct, please?

Ann Louise: It's called Phosfood. It's a phosphoric-acid based supplement. It comes in a liquid. Phosfood. And I believe there's another similar product that is put out by Biotic, as well. So that is what the go-to products are to help decongest the bile and to really emulsify the gallstones that could be the reason why you're having your gallbladder out.

Now there are certain circumstances where the gallbladder's become greatly inflamed. And it's a life and death situation. By all means, you need to listen

to your healthcare practitioner in that regard. But there are many times that the gallbladder has simply become congested or clogged with too much bile, too much cholesterol. And that's where nutrition, diet, and detox come into play.

Trudy: Absolutely. So when you were talking about the functions of bile, we talked about breaking down fats, but you also talked about the detox and you mentioned detoxing hormones. And this is something that a lot of people are not aware of. Before this interview, I placed it on Facebook and I asked my community, "Do you know about this and what questions do you have for Ann Louise?" And they were very surprised to hear about the connection between bile and hormone detox. So can you talk a little bit about that?

Ann Louise: I know, I was surprised to hear about it, too, until I did the research for some of my books. I wrote a book called *Before the Change* about hormone havoc. And when I updated the book, I said to myself, I've got to talk about bile because nobody else is mentioning it." The reality is that the liver has several detox methods. It's got the two P450 cytochrome detox of the two detox pathways that we have heard about in terms of phase 1 and phase 2.

But the bile is another detox method which actually is the dumping ground for hormones like estrogen. It's the dumping ground for heavy metals that create anxiety like mercury, as well as too much aluminum and lead. And it's the dumping ground, also, for a bunch of chemicals. So you got to keep the bile flowing. You have to keep it decongested. You have to thin it out. And it's so easy to do when you remember to put the bitters back on your dinner plate. All of this is easily done with lifestyle better habits. So that's the good news we just have to recognize it's an issue.

And quite frankly, in the early 20th Century, many of the nutritional pioneers that inspired me always talked about bile. Come 2019, you don't hear about it all. It's a very important method for the detoxification and cleansing of the system. So that if you go on a cleanse and a fast, you've got to make sure that the bile is decongested. And if you don't have a gallbladder, you need substitutes to assist the process.

Trudy Scott: So can we talk a little bit more about the estrogen because when we think of detoxing, we think of these outside toxins, we don't think about detoxing something that's produced in the body. So this is something that it's doing. Tell us a little bit more about this.

Ann Louise: Well, estrogen, as you know, you've got to get the sweet spot with estrogen. Estrogen is a very important hormone for women. Too much is not good. Too little is not good. There's a sweet spot. And it's very difficult in this

day and age to get away from this condition known as estrogen dominance because we don't have as much as the antagonistic hormone, which is known as progesterone because many of us don't have enough zinc-promoting foods that make for progesterone.

And if you're exposed to xenoestrogens in the environment from too many preservatives, or too much plastic, or too much paint, your body has to detoxify that all through the bile. So the idea is that you want to detoxify these toxic estrogens into their non-toxic metabolites.

You can do that in several ways. If in fact, you are taking an estrogen supplement in addition to what you may be exposed to in the environment, you want to make sure that you're taking certain types of lipotropic nutrients. And the magic word here is lipotropic that will help to digest fats. And that would be your methionine, your choline, and your inositol.

Five hundred milligrams of choline, methionine, and inositol three times a day will help your body, particularly your liver, to break down hormones such as estrogen into a non-toxic metabolite like estriol, which is the non-toxic estrogen. And that's very important. And those three nutrients, my dear friend, are very much deficient in the diet today. So that's one way of assuring that you're not going into an estrogen-dominance situation where you've got too much of a good thing.

Secondly, you need to keep your bile nice and thinned out so it doesn't clog up with extra estrogen that it's not breaking down. And we do that with the bitters. The bitters are going to be the theme throughout. We do that with lemon and water in the morning. We do it with coffee, which is a bitter, believe it or not. And we do it with grapefruit and watercress, which are wonderfully bittered produce, high-end bittered produce. So bitter is very important for this.

The intake of certain nutrients is very important for this because when you cannot break down the hormone estrogen in the bile, the body produces a lot of extra cholesterol, which then can signal the production of gallstones. So it becomes a vicious cycle. So keep that bile flowing. Bitter is better. And know that you can have a bitter at every single meal: morning, noon, and night. And that's why the grapefruit is so important for people to understand because it is one of the best bitters on the planet for weight loss and to break down estrogen metabolites.

Trudy: I love it. And I love grapefruit, it's great. I remember the grapefruit diet in my 20s. I had no idea.

Ann Louise: No, and I didn't either, but there's real science behind that. I had a look at some of the Scripps' documentation and some of the research. And there's a real reason why it had that weight-loss impact. There's something to be said for that. And if people can't tolerate grapefruit because they're on some kind of medication, and there's a contraindication, then we have some of our lemon zests or citrus zests or citrus peel that you can use, as well as a bitter green like watercress or arugula or endive.

So there are lots of ways to incorporate all of these wonderful foods in the diet. Typically, the American diet does not contain enough bitters. So I'm here to make that one of my missions to put bitters back into the diet.

Trudy: Wonderful! So I just want to follow up on a few things. You just mentioned grapefruit and medications. And this is just a caution for folks because there are some medications that are contraindicated taking with grapefruit juice or grapefruit so I'm glad you mentioned that. So if you are on medications just definitely check with your doctor on that.

And then the first thing I wanted to say *Before the Change*, that book literally saved my life when I was going through perimenopause. As you know, I've mentioned this.

Ann Louise: I'm so glad.

Trudy: I learned so much from that and actually made a lot of changes. So I just wanted to give you a plug for that wonderful book. But in that book, you mentioned a study on metabolism and how you get a 53% increase in metabolism when your bile health has improved. But the other thing that the study showed is that it triggers this release of an enzyme that converts T4 to T3.

And you said earlier how bile is so important for thyroid function. So we know that when you've got underactive thyroid, you can feel more depressed, you can feel more tired, and you can, also, sometimes feel more anxious. So there's another mechanism that we have going on there. Correct?

Ann Louise: Yes, and that study was done by Antonio Bianco who is an endocrinologist at the University of Chicago. And interestingly enough, that's one of many small studies that I was able to uncover when I did my update of *before the change* and then my *Radical Metabolism* book, which also takes bile to another weight loss level.

I find it fascinating because many individuals have noted that when they get their gallbladders removed, their thyroid function goes downhill very quickly,

two to three months thereafter. So I think that's the missing link, it's when your body produces bile, it triggers the enzyme conversion from T4 into the active T3, which keeps the fat burning humming. So we want to keep our fat burning humming. We want to keep our metabolism humming.

And there is this unholy alliance that we've never really recognized before between gallbladder function and the thyroid. So if you've done everything right, you're still not losing weight, and you're anxious, look to the thyroid, look to the gallbladder, and get your bile in order.

Trudy: Excellent! Two other questions from the previous discussion. You mentioned xenoestrogens. And for someone who doesn't know what a xenoestrogen is, could you just explain that again, please?

Ann Louise: Yes, these xenoestrogens are estrogen mimics in the environment. And they're a thousand times more toxic to the natural estrogen receptor sites than native estrogen. And estrogen mimics include things like plastics, and pesticides, and paints. And so they masquerade as estrogen. Your body incorporates them into the receptor sites, but you don't get the beneficial aspects of native estrogen. So you have to be careful about that.

We believe that's the reason that estrogen dominance is so prevalent today. And when your body goes into estrogen dominance and you don't have enough natural progesterone to counter that, then you'll have all of these symptoms that we're talking about, anxiety being one of them, as well as the inability to lose weight, queasiness after a meal, depression, irritability, and the inability to sleep. So there is a whole domino effect when one goes into this estrogen dominance, which is very, very pronounced in this day and age and has really come to the forefront just because of these estrogen disrupters that are in the environment.

Trudy: Thanks for clarifying that. So I've actually got two more follow-on questions from the previous discussions.

Ann Louise: Of course, wonderful.

Trudy: So you mentioned methionine, choline, and inositol and you said 500 milligrams. Is that 500 milligrams of each of those nutrients?

Ann Louise: Yes, three times a day, breakfast, lunch, and dinner, it's a fastest way, number one, to lose weight and to get rid of a fatty liver. It's a real secret that I learned many years ago from Dr. Robert Atkins. I was his surrogate daughter, so to speak. Bob Atkins and I would speak all the time. He would

have preferred to have been known as the America's integrative holistic physician, not the diet doctor we've come to associate him with today.

And it was something that he had learned years ago from Carlton Fredericks. And that was that 500 milligrams of these lipotropic nutrients were helpful in weight loss, number one, and in turning a toxic estrogen, the estrones and the estradiols in your system natively and from the environment into non-toxic estriol.

And the nice thing that I was also able to corroborate is that choline, in the amount of 500 milligrams, three times a day, within two to three months, will decongest the fatty liver. So this is almost a miraculous nutrient. Almost like a panacea to so many issues that are concerning women today from the inability to lose weight, to break down fats, to have a nonalcoholic fatty liver, and to the anxiety issues. So this is how we get good cholesterol in our systems. This is how we get good estrogen in the system. This is how we lose weight.

Those three nutrients, that we will find through many of our testing are very deficient in the typical American diet. Choline, where do you get choline? We used to get it from soy lecithin, which is not a popular food in this day and age. Same thing with inositol and methionine. So those three are my three go-to nutrients.

Trudy: Wonderful and very interesting about your relationship with Bob Atkins, I didn't know about that. You certainly have some very interesting connections and yeah, very, very interesting. That's certainly a good thing.

Ann Louise: He was a great friend of mine. Wanted me to take over his nutrition clinic many years ago in New York. And, of course, I was living out West at that point. And you have to understand the position that I was in. Here I was the nutrition director of the Pritikin Center, which was the no-to-low-fat, high-complex carbohydrate diet. I did a whole 180 turnaround and became a proponent of higher-fat diets. So he became interested in my work. I appeared on *WOR* in New York City all the time with him. Went out to dinner all the time because we ate the same way. And he taught me a lot of secrets of the trade. And to this day, they still work.

Trudy: I love it. So let's just clarify that a little bit because there are some people, surprisingly...I'm still amazed that there are some people who are on the lower-fat bandwagon. So just explain this 180 that you were actually in the Pritikin Center and this is when low fat was all the range. And it should not still be the rage, but there are still a lot of low-fat products on the market. And there are still a lot of people eating low-fat products.

Ann Louise: Yes. And I know there's quite a few documentaries that still promote a low or no-to low-fat diet. I was the director of nutrition at a no-to low-fat diet center in the early 80s so I saw the pros of that kind of diet, which there were initially because giving up fats meant that you gave up lots of trans fats, lots of margarine, for example.

But there were a lot of, I'd say, detriments. And that's when we saw issues going on with the skin, the hair, the nails, the first signs of deficiency. I saw issues with immunity, issues with the heart after a while, problems with cholesterol that went too low, below 160, issues with joint problems, issues with sex drive. We saw the whole gamut.

And I would, as the nutrition director of the Pritikin Center, be telling everybody on the QT to go out, and go to an Italian restaurant, and load up on olive oil because I was really afraid that they were going to melt away, number one. And I saw deficiencies and I saw changes in mood because I was with people sometimes for one to two months in-house at the Pritikin Center.

So I know that Nathan Pritikin, may he rest in peace, was on the right track. If he had lived longer, he would have embraced the principles of an essential fatty-acid diet with avocados, with nuts and seeds, and a little hemp seed oil, which is something that is now in the forefront today. He just didn't live long enough to see the rest of the research and the literature that was coming out.

Trudy: Wonderful! And it's amazing to have seen that. So you've seen it before. And now you can see the difference now. I did want to just highlight one thing you said there and that was cholesterol below 160. And we know that cholesterol is needed to make our hormones. And if we don't have that raw material, we're not going to be able to make our hormones. So this is another mechanism that we've got at play here.

And there's tons of research showing that cholesterol below 160 is tied to higher risks for stroke, higher suicidality, and increased mood problems. And I've had a number of clients with cholesterol that low—this is total cholesterol, in case anyone's wondering—that low. And once they increase their fat consumption and increase their fat digestion by improving bile function and liver function, all those issues turn around. So it's pretty profound once you make those changes.

Ann Louise: It's exceedingly profound. And you know what? At that Pritikin Center, people would fight about their cholesterol because high was not good. And they were using the 200 level at that point. So anybody one point above 200 would get very upset.

If they went down to 130 and 120, they were elated. But what we now know is high is not as dangerous as we used to think it was. Particularly for total cholesterol, we'd have to look at the oxidizing cholesterol a little bit more closely. But definitely, lower is not good at all. And that's where the bile, the better fats come into play, and the ability to digest your fats is so crucial.

Trudy: Absolutely. Now, I do have one follow-on question from the previous discussion. You said something really important. You said that part of the whole issue with estrogen dominance is that we don't have enough zinc in our diet and we need the zinc to make progesterone.

So we know that when we've got this high copper, and you're a very big proponent of this copper/zinc imbalance, but when you've got high copper and low zinc, we're going to feel more anxious. And we need that zinc in order to make GABA and the other neurotransmitters like serotonin. We also need it to make progesterone. So can you talk a little bit about that connection?

Ann Louise: Well, I see a lot of people who may have more estrogen in relationship to progesterone, even though their estrogen levels are not ideal. And I've been one of those individuals for many years because I take my blood and salivary hormone testing very seriously. I test myself every three months. And I may say that if you're on bioidentical hormones, you still need to be monitored every three months because your life and your needs change every three months. Trust me on that.

But what I'd like to say is I think the deficiency is that we're not having enough of those precursor nutrients of which the zinc that I spoke about is one, and the other one is probably magnesium, and to some degree a little bit of B6. So those three, in particular, are very important for the production of natural progesterone. A lot of people are not making enough natural progesterone, which is why progesterone cream is such an antianxiety element in the diet and used topically can be almost a Godsend for many women going through hormone havoc and anxiety attacks.

And I was one of those women so I can tell you how important it is. Shortened cycles, number one, is a clinical sign of lack of progesterone throughout your menses time of life. And then as we get older, we lose the ability to eat or even desire those foods that are high in zinc, which is the precursor to natural progesterone, which is what you need for your brain, not just for your reproductive tract.

So progesterone is exceedingly important to balance moods. And if you've got an anxiety issue, go to progesterone. Get your levels checked any way that you can. Some women find that a topical cream made from USP bioavailable

progesterone is the way to go, others need to take a pill, and still others need to use some kind of cream. So whatever methodology works for you, just balance it accordingly and test yourself every three months.

Trudy: Yes. And I was, also, someone who really benefited from progesterone cream. And actually, what I learned from *Before the Change* was to incorporate zinc and B6 into my regimen. And it totally changed my life when I was going through all my anxiety and perimenopausal symptoms.

Ann Louise: Good to hear.

Trudy: Yes, it really does. And then, of course, the whole copper issue when you're consuming all these high-copper foods. Can you just talk a little bit about that because this is something you are very vocal about? And there's not much awareness about high-copper foods.

Ann Louise: No. And I'm vocal about it because I went through the issue. I was a bonified copper head for many years and didn't know why I was so anxious. And finally, did a hair test and found that my copper levels were out of sight. They were way over what was considered to be normal. So the reality is that the mineral copper, which is so prolific in the diet, particularly if you have copper pipes, number one, copper pots and pans, number two, a copper IUD, number three, and you're eating a vegetarian diet or a vegan diet, number four, you're going to be getting a lot of copper. And copper is associated with estrogen.

Zinc is associated with progesterone. So if you're lacking zinc and have too much copper, then that's another signal for progesterone deficiency and estrogen dominance. So you've got to be very careful about that. Taking a hair test would be a very good way to access that. It would be a very good way to see if you have hidden copper toxicity, and what you need to do to balance that particular ratio, and all the other ratios that key into important glandular function. So I think it's an underrated way of assessment, but I'm all for tissue/mineral analysis or hair testing.

Trudy: I, also, love the hair testing and certainly finding that hidden copper toxicity is really enlightening. And there's a nuance to reading the test. It's not as simple as looking at it and seeing if there are some clues/ratios that you need to look at to determine if there is copper toxicity. So I'm glad we mentioned this. And I'm glad you mentioned the vegan diet. So some of the foods that are high copper that we might want to be concerned about?

Ann Louise: Avocado, people are going to say, "Ooh," but I'm here to tell you, it's a high-copper food. Avocado, cashews, there's a lot of cashew milk, cashew

cheese, is a high-copper food. Sunflower seeds is another high-copper food. And it's not that these foods are bad, they simply have to be balanced with enough zinc-containing foods such as your pumpkin seeds in a vegetarian/vegan diet, or your eggs for other vegetarians, and your red meat.

Trudy: Excellent. And I'm a big proponent of grass-fed red meat. And I'm concerned about a lot of people going on a grain-free diet and replacing all their grains with nut flours. And then they're getting high-copper levels because they're baking with the nut flour. So that is definitely something that I'm seeing as a trigger for anxiety.

I was actually speaking at a mental health conference. And I do the zinc challenge test. And all these practitioners who thought they were--

Ann Louise: Are deficient.

Trudy: they thought they had good zinc levels. And then I questioned them and they said, "No, they're eating nut-flour baked goods." And that was the connection that was keeping their zinc levels down.

Ann Louise: Especially the high-almond flours everybody's taking. I don't know about cassava, but everybody's using high-almond flour baked goodies, as well as coconut, which is another source of copper. So balance is the key. And there's a really good chart, I believe, in *Before the Change* because you'll see that certain teas are also high in copper. So it's a matter of balance and holding back. Balance is not a very big deal in the American diet. If a little is good, a lot is better. And that's why Ketogenic diets are so darn popular in this day and age. But you really have to be careful of not overdoing too much of a good thing.

Trudy: Yes, balance is important. And these things about good foods that we have to be aware of. So I'm glad we're highlighting this. So let's come back to bile. You've mentioned some of the signs and symptoms of low-quality bile or not enough bile production. Can we go through a few of some of those again? One of them that you mentioned is queasiness after a fatty meal.

Ann Louise: Yeah, queasiness after a fatty meal. Lots of burping after a fatty meal. A metallic taste in the mouth after a fatty meal. Another typical symptom would be clay-colored stools. Stools that are not the typical brownish color, very classical symptom. Constipation is a very underrated symptom, but it's usually connected with low-quality bile or not enough bile because bile is a lubricant for the intestinal tract.

Problems along the gallbladder meridian which might have to do with hearing and ear ringing, another symptom. Pain under the right shoulder blades, another symptom. Queasiness, bloating, burping, that we mentioned, digestive ailments. Getting up between eleven and one. If you go to bed early, the time between eleven and one is the gallbladder time in terms of the Chinese traditional organ clock, that may also signal that your gallbladder needs a little help in its detoxification.

So there are all these different symptoms that can be traced to low bile, clogged bile, not enough digestive function going on. And that's where the nutrients that we spoke of came into play. That's where the bitter foods, that's where your daily coffee could be exceedingly helpful if it's organic, pesticide-free, and free of mold on a daily basis. So there are lots of ways that you can surmount this problem without changing too much. Just changing the quality of the foods that you're partaking in.

Trudy: Okay, so I want to just go back to a few of those things that you mentioned. You mentioned constipation. And we know with thyroid problems, constipation's a big issue. So here we've got that connection again. If you get the bile improved, it'll improve thyroid function and thereby have an effect on constipation. So that's an interesting connection.

The other one is in the interview that I did with Dr. Peter Bongiorno on the summit, we talked about the gut-brain axis and the microbiome. And he was talking about how there's a number of studies showing that in older individuals who have a lot of anxiety and depression, constipation is a huge issue and is way higher than the average population of people with anxiety and depression, constipation. So yeah, we've got that connection again.

One of the other things that you mentioned is that this nausea with not enough bile. Can you talk a little bit about that?

Ann Louise: Well, yes, because what happens is that the bile can become recirculated through your system, and all the toxins that it contains become recirculated, and could be redistributed through various organs. So it's not just important to thin the bile with the foods that we've spoken about, the nutrients that we've spoken about, but you need sufficient fiber to take all of those toxins and escort them out of the system through the intestinal tract.

So fiber is another missing link when it comes to that whole bile issue, which is why I get very disturbed when I see a Ketogenic diet being promoted or even a Paleo diet that doesn't have enough fiber. So you've got to understand that fiber makes us free in many different arenas. And it's critically important to get at least 25 grams of fiber on a daily basis. I think 35 will make people a

little uncomfortable. I'll take 25 grams, thank you very much, because I think that's one way you don't get recirculating bile toxins.

Trudy: I'm glad you mentioned that. Going back to the nausea, the reason I'm bringing this one up is because I'm prone to motion sickness. And I just recently went out to the Great Barrier Reef. And it was an amazing, amazing opportunity to snorkel the Great Barrier Reef. It was absolutely out of this world. But it's a two-hour boat trip out to the Great Barrier Reef and a two-hour boat trip back. And I had my wristbands and I had my ginger. And I managed to keep it together, but I didn't feel terribly great.

So I came back and I've been looking at the research on motion sickness and sea sickness. And I found this very interesting study that said, "What the ancient Greeks and Romans knew and did not know about sea sickness." And lo and behold, the connection was bile production. Isn't that interesting?

Ann Louise: Whoa! That's a new one, how fascinating. Bile is popping up all over. Yep, it really is. So the ancient Greeks and the Romans knew about this.

Trudy: And Ann Louise Gittleman is enlightening us to the importance. So thank you for doing all of that.

Ann Louise: You're welcome.

Trudy: So let's just talk about some of the things that we can do to improve bile production. You've mentioned a lot as we've been going through this. And one thing that you talked about extensively was adding these bitters to the diet: bitter greens, the grapefruit, having the lemon, hot lemon water in the morning, that's a favorite of yours.

Ann Louise: Mmm hmm, and adding lemon zest in your cooking. Lemon zest in your cooking or any kind of citrus zest in the cooking, it's a very good source of bitters. Angelica root is another source of bitters. There are lots of bitters that are on the market. And then, of course, it's your morning cup of Joe, your morning cup of coffee.

I personally like the Purity brand because I find that it's the highest in these healthy polyphenols, which are antioxidants that key in to the bitter component. So I'm in favor of that. You can get the decaffeinated variety if caffeine is an issue, which it is for a lot of people that have anxiety. So I'd only use the decaf.

Or even dandelion root tea, I like a roasted dandelion root tea, another source of bitters. The idea is, is that the bitters tamp down bloating, they help

digestion and they're increasing metabolism. So you want to incorporate them as much as you can into the diet. Even if it's just having an arugula-based salad every single day, Trudy, that would be exceedingly helpful. There are easy things you can do with wonderful benefits that are really priceless.

Trudy: I love that. And can you mention the coffee that you like?

Ann Louise: The coffee that I like is Purity coffee. When I was writing my book, I had to do another 180 on certain ideas that I thought were etched in stone, shall we say. And I've never been a believer in coffee because being the highly overachieving type A personality that I am, I never drank coffee because the caffeine would really set me into a tizzy.

But I couldn't ignore the multitude of studies, the ream of scientific evidence that showed how healthy coffee was in preventing liver cancer, preventing issues with colon cancer, slashing diabetes risks, helping to lower blood pressure. So I found the healthiest coffee that I could ever imagine, which is the Purity brand.

They search the world for the highest polyphenol-based coffees, highest antioxidant coffees. They're from higher altitudes. They're purified, high in chlorogenic acid, which is a weight loss substance. And they put it together in a caffeinated variety and a non-caffeinated variety. So I now take the caffeine-free one. And it's very good because it allows you to detoxify. It's high in niacin. You go to the bathroom daily. And it's considered a very healing bitter. So coffee is back as far as I'm concerned. And at least one cup a day is the way to go.

Trudy: I like that because I've always been pretty vocal against coffee, certainly for folks who have anxiety because of the caffeine but if you're getting those benefits without that caffeine. Now, just touch on how they decaf it because obviously they're using some kind of Swiss water method to remove the caffeine.

Ann Louise: Oh, they use a very purified method. And if you look at the Purity website, I think it is—I hope this is correct—Purity.com or go on my own website, AnnLouise.com, you'll be able to see all the research and the ways in which they do their processing. They're pretty darn meticulous, by the way. So I'm very impressed.

And I just took my first cup of decaffeinated coffee several days ago. And I felt very good. I didn't have any anxiety. I didn't have the usual caffeine rush that I know people talk about with regular coffee. And it's very mild and very cleansing. And I'm also a big believer in coffee enemas. So this may be very

important for those that want to take their coffee just in a very, very different route, so to speak.

Trudy: So tell us why coffee enemas are important.

Ann Louise: Because it helps to dump your bile. It dumps the toxic bile. And it was a go-to method of the late Nicholas Gonzalez, who is another friend of mine, who was an absolute genius and pioneer in introducing alternative cancer procedures to the American public. And he was a great believer in coffee enemas once or twice a day for those individuals with late-stage or fatal cancer diagnosis. He took a critical diagnosis and turned it around and was merely miraculous with so many individuals.

Trudy: I'm very familiar with his work. And when I actually first became a nutritionist, I worked in a clinic with a nutritionist who worked with people with cancer. And that's when I was first introduced to coffee enemas and saw amazing results with people who were working with this mentor of mine. And Nicholas Gonzalez' work with cancer was amazing. And again, I'm just really pleased to see how many people you know and how many people you've learned from. It's just wonderful to get all these gems from you, Ann Louise, it really is.

So you've talked about using a coffee enema once or twice a day for someone who's in late-stage cancer. What about for someone as a maintenance dose? How often would you recommend using a coffee enema?

Ann Louise: I would do maybe seasonal coffee enemas. I'm a big believer in seasonal detox. Daily detox to assist the liver and the gallbladder with your bitters, of course. But a seasonal coffee enema, maybe a series of three or four once every two weeks, once a month for three to four months. That's what I would do. For some of us, it's very cleansing and very almost it's innovating for some, it's energizing for others. But you want to use a very pure coffee. That's where Purity comes in to play.

Trudy: Absolutely, it really does. So one of the other things that you talk about when it comes to improving bile production is reducing stress, controlling stress. So that's obviously an important factor. And that could be lifestyle factors. I teach people how to use amino acids like GABA and tryptophan to help control stress, how to boost your own neurotransmitter production.

And it's very interesting, I'm not sure if you've seen this research, but there's two animal studies where they found that fluoride-induced hypothyroidism was reversed by using GABA, the amino acid GABA, which I thought, "This is

very interesting because of their anxiety connection to bile production and how the thyroid is very closely tied to bile production.”

And in another study, and this is, also, very relevant for this interview is that, and it was the same authors, they found that damage to the liver that was caused by fluoride was also reversed by using GABA, the amino acid GABA.

Ann Louise: Phenomenally interesting.

Trudy: So it's really interesting to think that it's helping the thyroid, it's helping the liver, and it's helping to reduce anxiety, as well.

Ann Louise: Well, I'm so glad you mentioned GABA because I'm a big believer in amino acids, it was my go-to amino acids. Years ago, I suffered a concussion, a very bad concussion. Had a bout with a post-traumatic stress, although I didn't recognize it as such, and then eventually ended up on a benzodiazepine. And the only way that I was able to get off of it, it was very, very toxic for my particular system because I don't have all detox pathways functioning the way they should. But GABA was my savior. So I'm a big believer in GABA. And to this day, I still take 750 milligrams at night and in the morning. So I believe that it is a lifesaver on so many levels. And I'm so pleased that you mentioned it.

Trudy: And I'm so glad that you found GABA. It was also a lifesaver for me. And I'm glad that it helped you. And a lot of people are recommended to take benzodiazepines. And if we can teach them these other approaches so they don't end up with the need to take them and also to create the awareness that benzodiazepines are problematic.

Ann Louise: Oh, they're the devil in disguise. And you and I will chat about that in more detail, I'm sure. But it was a saving grace for me. I also, after my stint on the benzodiazepine, which is the only thing that could control my agitated anxiety in those days, I also did amino acid drips. I did a series of 14 of them. So that was exceedingly important. I got high doses of tryptophan. And I think it was GABA. I don't know what the exact mixture was. Then, of course, I was taking extra GABA.

My husband would look at me and he would say, “You need the GABA. I can see that look coming back, that agitated anxiety look. You need more GABA.” And to this day, he'll say the same thing to me. So it is a lifesaver for many of us who have anxiety issues.

Trudy: Absolutely. And one of my interviews on this Summit, I'm going to be talking extensively about the amino acids. So if you want to hear more about GABA and tryptophan, certainly tune in to that interview.

Ann Louise: Wonderful!

Trudy: And then the other thing that I wanted to mention is one of the things that you talk about for improving bile production are using castor oil packs. We're going to have Dr. Marisol do an entire interview on the castor oil packs. But I'd just like to hear your thoughts on castor oil packs.

Ann Louise: Well, the castor oil, which you apply topically, can actually penetrate, I think, two to three inches into the skin. So it's very helpful. Even though it's a very viscous oil in thinning out the bile, very helpful for the gallbladder. So at night before I go to bed, I usually get a little bit of castor oil. I put it on my eyelashes, number one. Put it on my nails, number two. And then put a little bit on my tummy, around the area that I think is my liver and gallbladder. And I sleep with it at night. It's very, very calming.

And if you've never experienced a gallbladder pack, a castor oil pack for the gallbladder, then you're in for a treat. It's very, very calming. There's a real serenity that you feel after you have that experience for two to three...I think you do it for at least 20 minutes. But that high that you get, that natural high lasts two to three hours. So I'm very glad that everything that we're talking about is connected to some of the themes that you're discussing on the Summit. That's wonderful.

Trudy: It is. It's really great.

Ann Louise: Synergy.

Trudy: Each person I'm speaking to mentions something. And then we happen to be doing a deeper dive on another topic. And they all come together. It's amazing.

Ann Louise: Wonderful!

Trudy: And it just reinforces what we're hearing from you and what we're going to be hearing from the other speakers. So I love hearing personal feedback from the speakers on their perspective. So that was great that you shared about the castor oil. It's interesting that you mentioned eyelashes. I recently learned about castor oil for blepharitis, which is a...Is it a fungal or bacterial infection of the eyes? And castor oil helps with that. So why are you using it on your eyelashes?

Ann Louise: Because I have blepharitis, that's why.

Trudy: Oh, good, there you go.

Ann Louise: When all this started with the concussion, which is a whole story I'm not going to go into, but when that started, all kinds of strange things happening, including the blepharitis. So I have clogged tear duct. So I use the castor oil on there, as well. But that's also connected to the thyroid, which, of course, is connected to bile and the gallbladder. So the whole circle comes full round.

All I can say is castor oil is the hand of Christ. I think in Latin it means the hand of Christ. And there are whole books that are written about the importance of castor oil and castor oil packs that you can use externally and what it does for you internally. So my suggestion is if you want an old-fashioned drugless healing method, go to a little bit of castor oil. It's a miracle worker.

Trudy: It really is. Interestingly enough, I've had a series of boils over the last five years. Every year, I get a boil. And I know it's related to low immune function. It's related to the fact that I've also got Lyme disease. So there's all of these things that...I'm on a healing journey. Put it this way, we're all on a continuous healing journey.

Ann Louise: We all are. But we all are, Trudy. And it's lucky that you know firsthand because you can guide people in terms of what you've done to help yourself. And you see those issues in other people. And you can be that guiding light to people in need. There's a lot of information out. It's totally confusing. People are more confused now than ever before with so much information on the Internet. So we're so pleased that we have somebody like you being our way shower.

Trudy: Well, I could say the same for you. And I think it's important to...I appreciate you sharing your story with your concussion, and the PTSD, and the benzodiazepine. And I think it's important, as health practitioners, for us to share these stories, and to show that we're real, and we have real-life problems just like everyone else. And that it's a journey. We're always discovering new things.

We're always dealing with something else because a lot of people think, "Well, once I've got the anxiety under control, everything's going to be fine." But yes, it is, but there are other things that may crop up. So think of it as a learning journey and take what you learn in each condition. And then you can apply it to others. But the reason I mentioned the boils and the Lyme disease is

because about a year ago, I discovered castor oil. And it's one of my go-to remedies. When I have a boil, I use castor oil, which is drawing and I use Manuka honey together with other natural approaches.

Ann Louise: I love that.

Trudy: And it's absolutely wonderful. That's all I've needed to do. I use essential oils like tea tree, and lavender, and lemongrass for cleaning the boil. And then I use castor oil and Manuka honey, topically. And that's all I need to use. And it's pretty amazing. So I just wanted to mention something else, another application for castor oil. A little bit off topic, but I think it's important.

Ann Louise: But important tidbits, people will just eat that up. That's a gem.

Trudy: Yeah. Well, Ann Louise, this has been absolutely amazing. Anything else about ways to improve bile production? I think you mentioned, you did mention the choline. We didn't mention taurine. That's another favorite of mine for improving bile production.

Ann Louise: Yes, taurine, lipase are all important nutrients. I created a supplement at one point that has all the nutrients that I was able to investigate. One of them is, also, of course, beetroot, which some people can't absorb because of the oxalates. But for others, it's a Godsend. So there's lots of good nutrients that thin and decongest the bile. But most importantly, you can get a lot of that help just by eating a bitter diet.

And that's why we keep going back to that theme. So I think that's exceedingly important for people. And getting into a little bit into the orthophosphoric acid, which is the Phosfood that we mentioned at the very beginning if you have stones or something of that nature, which is creating pain.

The other thing that I'm going to leave you with, and with this we'll conclude, unless you have more questions, but this is very important that I forgot to mention, is that many years ago, there was a small study of individuals with terrible gallbladder issues. And it was found that there were three foods that were very key in the pain syndrome.

And the first one was eggs. That was number one that was in about 90% of the participants. The second one was onions and the third was pork. So if you're having any of these gallbladder pains and gallbladder issues with a lot of inflammation and so forth, get rid of your onions, your eggs, and your pork for three weeks and see if that doesn't help.

Trudy: Very interesting, thank you for that final gem. I wanted to just ask you, you mentioned that you had formulated a product for helping with the gallbladder and bile production. What is the name of that product?

Ann Louise: The name of the product is Bile Builder. It's a UNI KEY Health product. I'm a spokesperson for UNI KEY Health. But what we're finding with individuals is not only for those that do not have a gallbladder, that they're able to function better and lose weight, but their T4 is now converting better into T3. That is an unexpected benefit and a confirmation of this connection between the bile and the thyroid function. So I'm very pleased to acknowledge that.

Trudy: Great, well thank you for sharing that. And thanks for formulating products that are so helpful. I'd love you to just end with where folks can find you. But before we do that, I'd just like to say thank you so much again for being on the Summit.

Ann Louise: My pleasure.

Trudy: It was an absolute pleasure interviewing you. And you always come out with these amazing gems and connections. And I just love everything that you stand for and everything that you do. But tell us where folks can find out more about you and your work, Ann Louise.

Ann Louise: Very sweet. People can find me...Where can they find me? Let's go to my website, AnnLouise.com. And you can locate me on Facebook where I'm fairly active with my groups. And then we have one more website, not to confuse you, which is called RadicalMetabolism.com where I speak a lot about radical health tips and what you can do very easily for three minutes a day, one to three minutes a day, to get your health in radical order. And a lot of those tips have to do with the gallbladder, the bile, and your thyroid.

Trudy: Wonderful, thank you. And any final words of wisdom, as if we need any more from you, but any final words of wisdom that you want to leave us with, Ann Louise?

Ann Louise: I think what I want to say is that whenever people have issues, there's always an underlying cause. And you can never stop looking for it. You have to shed a spotlight on areas that have not come to the surface. And I think that a lot of our issues have to do with the toxins in the environment, the method in which we're detoxifying, our hormones, our stress levels, and also the exposure that we're getting with modern-day assaults like the EMFs that so surround us.

So many of those issues can impact our stress response, which then impacts our ability to digest accurately and efficiently, more so efficiently and proficiently is the word I'm looking for. So keeping calm with the GABA that Trudy is talking about, I think is very important, watching your copper/zinc ratio is important, and getting the bitters back on your dinner plate is really how I'd like to end. "Bitter is better." And I'd like that to be our motto moving ahead.

Trudy: I love it. Thank you so much. This has been really great. Thanks again, Ann Louise. And thank you everyone for joining us on this really great interview, Why Bile is the Key for Anxiety and Hormone Havoc and so much more. Please join us for other great interviews. This is Trudy signing off.