



Nutritional Solutions for Anxiety  
Monday June 6 to Thursday June 16, 2016  
**The Anxiety Summit Season 4**  
A virtual online summit hosted by Food Mood Expert Trudy Scott  
Certified Nutritionist and author of *The Antianxiety Food Solution*



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“Anxiety: The Stressed and Toxic Gut” – Dr. Josh Axe, DNM, DC, CNS, author of *Eat Dirt*

“Anxiety: the SCD diet, carbs, adrenals and leaky gut” – Steven Wright, creator of SCDlifestyle

“Is Coffee Your Hidden Anxiety Trigger and How to Substitute It with Delicious and Healing Drinks” – Magdalena Wszelaki, founder of Hormones Balance

“Gluten and anxiety: the testing conundrum solution” – Dr. Tom O’Bryan DC, CCN, host *The Gluten Summit*

“Anxiety and the Importance of Community” – James Maskell, creator of Functional Forum

“Nutrients that Fuel Brain Power and Reduce Anxiety” – Dr. Drew Ramsey, M.D., psychiatrist, farmer and author of *Eat Complete*

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“Multiple sclerosis and anxiety: The Wahls Protocol” – Dr. Terry Wahls, MD, author of *The Wahls Protocol*

“The leptin obesity anxiety connection” – Mike Mutzel, MS, author of *Belly Fat Effect*

“Anxiety and digestion: the microbiome, stomach acid, bile and the vagus nerve” – Prof. Liz Lipski, PhD, CCN, CNS, author of *Digestive Wellness*

“Marijuana and anxiety: Panacea or Pandora’s Box?” – Dr. Hyla Cass, M.D., board-certified in psychiatry and integrative medicine, author of *The Addicted Brain and How to Break Free*

“GABA: Blood brain barrier controversy, concerns, best forms and how to do a trial for eliminating anxiety” – Trudy Scott CN, author *The Antianxiety Food Solution*

“Anxiety in children, adolescents and young adults: an integrative psychiatric approach” – Dr. Zendi Moldenhauer

“Anxiety and heavy metals: chelation of mercury and lead” – John Dempster, ND, host of the Mental Wellness Summit

“Addressing Anxiety in Individuals with Autism” – Julie Matthews, CNC, author of *Nourishing Hope for Autism*

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“Tryptophan for anxiety, depression and insomnia: why quality is key and the critical co-factors” – Ron Sturtz, Owner/President, Lidtke Technologies

“A functional medicine approach to eliminate Lyme disease and the anxiety it often causes” – Dr. Jay Davidson D.C, host of the Chronic Lyme Disease Summit

“Antibiotic Induced Anxiety – How Fluoroquinolone Antibiotics Induce Psychiatric Illness Symptoms” – Lisa Bloomquist, fluoroquinolone toxicity patient advocate

“Anxiety: Grass-fed beef, fermented foods and healthy snacks the Paleo valley way” – Autumn Fladmo Smith, co-founder Paleo valley

“Is My Anxiety and Depression from a Methylation, Pyrrole, or Copper-Zinc Imbalance?” – William J. Walsh, Ph.D., author of *Nutrient Power*

“How We Used GABA for Lyme Anxiety” – Tricia Soderstrom, *Abounding in Hope With Lyme*

“Closing call: Anxiety Summit closing: Neurotransmitter testing, amino acid questions, hyperflexibility/EDS and pet anxiety” – Trudy Scott CN, author *The Antianxiety Food Solution*

Master speaker blog post:

<http://www.everywomanover29.com/blog/anxiety-summit-season-4-articles/>

Thank you for joining us on The Anxiety Summit! I hope you'll join us again for the Anxiety Summit Season 5!

Remember don't tolerate how you feel. You deserve to feel your absolute best, and you can and should feel on top of the world always.

You can completely eliminate your anxiety symptoms. Don't give up hope, and just keep looking for answers until you have zero anxiety.

**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.