

Anxiety Summit opening: benzos, electroshock, blueberries, sauerkraut and the vagus nerve

- My vagus nerve story and how GABA helped
- Why we need an integrative approach: Electroshock, LSD, BPA, phthalates, Zinc deficiencies, medication side-effects
- An update on benzodiazepines and what we can learn from the Swiss and Blue Zones
- Talking about mental health and ending the stigma
- Anxiety: new research on blueberries, gluten, sauerkraut, low vitamin B6 and iron, foods rich in polyphenols
- An overview of the speakers and topics on this summit



This is the opening call of the Anxiety Summit season 4: “Benzos, electroshock, blueberries, sauerkraut and the vagus nerve” and more. I am Trudy Scott, the host and creator of the Anxiety summits and I’m so excited to be in our 4th season. The purpose of the Anxiety Summit is to share 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. And we want to impact as many lives as possible.

It’s June 2016 and I’m really pleased to be sharing all these brilliant speakers with you: fellow nutritionists and health coaches, integrative psychiatrists, functional medicine doctors, researchers, wellness advocates, osteopathic doctors, a professor, naturopaths, an integrative psychiatric nurse practitioner, a chiropractor, a scientist/product formulator, as well as the founder of an organization for functional medicine practitioners.

You'll discover the very powerful connection between food and mood, hear the science and learn practical tools you can start to use NOW, be empowered, take charge and feel hopeful. And if you're a practitioner you can get solutions to further help your clients and patients.

Welcome back if you've attended season 1 or 2 or 3 or maybe all 3 of them. As you've seen over the years we have new topics, new speakers and also bring back favorite speakers to talk about something new and relevant.

I'd also like to say a very big welcome if this is your first anxiety summit! You're in for a treat! We do build on previous summits so if you're loving the summit content and want more I encourage you to go back and look at the prior summits. We did season 1 in June 2014, season 2 in November 2014 and season 3 in June 2015 and now season 4. The information is different and still very relevant.

For those of you who don't yet know me I am a certified nutritionist and I am known as a food mood expert. I've written a book called *The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings*

You'll hear me say this at the start of all the interviews. I'd like to apologize in advance but I do that in case you happen to listen to only one of them. I certainly hope you listen to every single one.

Is this summit different from the previous 3 Anxiety Summits? Yes, each one is totally different with new information each time. We do have some favorite repeat speakers but they are either sharing on a new topic or taking a deeper dive into a topic area they have talked about on a previous summit. For example, we had Dr. Tom O'Bryan talk about gluten and anxiety last season and he ended with the testing conundrum. So I invited him back this year to do a whole hour on gluten testing. So if you're new to the summit, do go back and look at prior summits.

I get asked this a lot – “Can this information help me if I have very serious anxiety? “My anxiety and panic attacks are so bad I need medication and food and nutrients couldn't possibly help me” or “Anxiety runs in my family and we've all needed medication.” Please keep an open mind and don't discount the power of what you'll be hearing here. This information can help you if you have severe anxiety and panic attacks and are using medications for your anxiety.

It will also help if you simply feel stressed and overwhelmed, if you have social anxiety, OCD and phobias, low grade fear, feelings of dread, a racing heart, the busy monkey mind you can't switch off and those ruminating thoughts. It can also end the constant worry, perfectionism, procrastination, the who-am-I-to-be doing-this often called imposter syndrome. Julia Ross, author of the Mood Cure shared this in season 1: “Zero anxiety is not an unrealistic goal”

In my late 30s I had terrible anxiety, and panic attacks and I no longer have any anxiety – it's a big fat zero. I had a perfect storm of root causes that contributed to my anxiety – gluten, adrenal issues, soy, mercury, eating a vegetarian diet, low blood sugar and more.

This is what we're aiming for: cool calm and collected, relaxed, no feelings of overwhelm, a quiet peaceful mind, confidence, clarity, comfortable in social settings – your old self or new you if anxiety is all you know - that lovely feeling of “I feel on top of the world!”

We may have some setbacks but we re-group and move on – today I'll share a setback I had earlier this year with my vagus nerve and how GABA actually helped me again. And then I'll cover why we really do need this nutritional and integrative approach. I've got an update on benzodiazepines and what we can learn from the Swiss and Blue Zones and some new research to share: blueberries, gluten, sauerkraut, low vitamin B6 and iron, and foods rich in polyphenols. And then I'll give an overview of the speakers and topics on this summit.

So here is my vagus nerve story. In March, I developed throat spasms that affected my voice and ability to speak for any length of time, especially late in the day. It started after a trip to New York and a terrifying plane ride home. Leaving Denver the turbulence was SO bad I really thought we were going to die. It felt like the wings were going to break off the plane. People were screaming and the parents behind us were reassuring their kids saying it's ok, it's just like a roller coaster ride. They didn't break off and I got home in one piece, promptly got sick – from depressed immunity because of the shock. I got better pretty quickly but this persistent dry cough and throat spasms would not go away. One night I could not sleep due to the coughing and spasms and decided to try and relax my airway with GABA. I know how effective GABA is for stiff and tense muscles so I thought why not try it for the throat spasms I was having. When I opened 500mg on to my tongue the results were profound – instant relief. It also worked in the day so I could have a reasonable conversation for say 15-30 mins.

I must have been low in GABA because I was able to use upwards of 5 (and sometime more) doses of 500mg a day and not feel too wiped out. That was a lot of GABA for me – 125mg to 250mg used to be enough for the anxiety I once experienced! I did have a bit of my old early morning waking with a jolt of anxiety (that I used to have in my late 30s) right after the plane ride but once I started on the GABA it went away pretty quickly.

I also reached out to colleagues and Joe Tatta, a PT, nutritionist, who spoke on anxiety and pain on a prior summit, said this right away “Sounds like you have a vagus nerve problem. Potentially loss of parasympathetics”, presumably because of the fear of the plane ride. I worked with him on vagus nerve exercises – the 2 that were most effective were the 3-6-6 second breathing exercise and the happy-birthday-song-humming exercise. Together with the GABA I was healed in a month. Had I not found a solution we would not be doing this summit. There was no way I could do 25 hours of interviews. I actually documented the whole journey with videos and I'll share a link so you can check it out.

Why am I sharing this? to show you we're all real; we all have ups and downs; we have to just figure out the next part of the journey we're on; to not be afraid to ask for help; and to use your intuition and to learn from your journey. I now know more about the vagus nerve than I did 6 months ago and will continue to learn and share. And I will be bringing Joe and other experts back to share more with us.

Before we look at the good news let's look at the bad news. This article published just last month is just so distressing to even contemplate: American Psychiatric Association Lobbies FDA to Electroshock Children. Let me quote from the article: "While the APA looks to seizure-inducing, brain-disabling, electricity as a form of 'treatment,' lobbying the FDA to make ECT available for children, no one in medicine, let alone psychiatry, has a clue how ECT machines 'work' or how passing large amounts of electricity into a child's brain 'treats' the subjective mental disorder." [link](#)

Also published last month is an article in the New York Times called: LSD Like Drugs Are Out of the Haze and Back in the Labs. Let me quote from this one too: "modern scientists are picking up where their forerunners of the '50s and '60s left off. They are studying hallucinogens' potential to help smokers kick the habit, to undo addictions to drugs and alcohol, to cope with cluster headaches and depression, and to deal with obsessive-compulsive and post-traumatic stress disorders."

Why are we resorting to electroshock and LSD research? Because as someone shared with me when I posted this on facebook: "Current treatment methods are no good for those of us with treatment-resistant depression (and anxiety). I'm all for this research." People are not getting answers but food and nutrients are the future, not electroshock and LSD, even for those with so-called treatment-resistant depression or anxiety. Treatment-resistant depression and anxiety just means the root cause has not been found.

With anxiety we always need to consider environmental factors and plastics are a big one. Bisphenol A (BPA) is an endocrine disrupting chemical found in plastics A systematic review published earlier this year: "Bisphenol A exposure and children's behavior" found an association between both prenatal and childhood exposure to BPA and higher levels of anxiety, depression, aggression, and hyperactivity in children.

With regard to medication side-effects, kids with autism are frequently prescribed SSRIs, they don't work well and agitation, irritability and aggression are common side-effects. We cover this in more detail in the autism interview with Julie Matthews. Dr. Zendi and I talked about a Scientific American article - The Hidden Harms of Antidepressants: Data about the true risks of suicide and aggression for children and teens taking these drugs have been suppressed.

There is some good news on the medication front. Yay. If you've been following me for a while you know how opposed I am to the long-term use of benzodiazepines. These medications are only intended to be prescribed for no longer than 2 weeks at the most. But I really do think they should not be prescribed at all. Earlier this year a bill was put forward in Massachusetts proposing informed consent for benzodiazepine use. They will be submitting it again in a future session. This is a really big move and very encouraging.

What can we learn from the Swiss and the Blue Zones? In Switzerland, homeopathy, holistic medicine, herbal medicine, acupuncture and traditional Chinese medicine will acquire the same status as conventional medicine by May 2017 when it comes to health insurance. Wow! James Maskell covers the Blue Zones so perfectly in our community interview but I just want to say this: social interaction, healthy food, daily activity and stress-free living.

Let's look at more good news when it comes to nutrients and food and mood. New research finds that blueberries boost serotonin and may help with PTSD. A poster titled "The Neuro-Protective Efficacy of Blueberry in an Animal Model of Post-Traumatic Stress Disorder (PTSD)" was presented at the Experimental Biology meeting in March this year. Rats that were fed blueberries saw an increase in serotonin levels and the study authors suggest that the neuroprotection offered by the blueberries may offer support for those with PTSD. Presumably this could help those with anxiety and depression too, since low serotonin can also be an underlying factor.

Gluten was found to be the cause of a childhood case of obsessive-compulsive disorder (OCD). A case report was published in January this year 2016, titled "Integrative Medicine Approach to Pediatric Obsessive-Compulsive Disorder and Anxiety." It was the first reported case of OCD associated with non-celiac gluten sensitivity. The 7-year-old boy was put on a gluten-free diet and they saw a huge reduction in his OCD symptoms and anxiety and an improvement in social behavior and school work. These are powerful results. This is one of many studies showing this connection between non-celiac gluten sensitivity and psychiatric conditions such as schizophrenia, depression, mania, and anxiety.

A paper published in August 2015: "Fermented foods, neuroticism, and social anxiety" suggest that consumption of fermented foods that contain probiotics may serve as a low-risk intervention for reducing social anxiety. Some examples of fermented foods are sauerkraut, kefir and yogurt. What a yummy way to try and heal the gut and reduce social anxiety.

Here is an older paper published in 2013: Low serum vitamin B6 and iron are related to panic attack and hyperventilation attack. So here we have something as simple as addressing nutritional deficiencies to eliminate panic attacks. You'll hear later in the summit how vitamin B6 and iron are co-factor nutrients for making our calming and feel-happy neurotransmitters GABA and serotonin.

Research published in March this year looking at an animal model of ASD/autism spectrum disorder, found that prenatal zinc-deficient mice "display increased anxiety, deficits in nest building," "mild alterations in vocalizations" and other ASD like behavior. Zinc is a very common deficiency and a big factor in anxiety. You'll be hearing more throughout the summit on this nutrient, which is also needed to make GABA and serotonin.

Polyphenols, also known as phytochemicals or plant chemicals are found naturally in plant based foods and are known to have antioxidant properties. A paper published in May 2016 in the *British Journal of Nutrition* suggests that polyphenols derived from onions, turmeric, red grapes, green tea and açai berries may help reduce chronic inflammation – one of many possible underlying factors in anxiety.

These are the reasons why I am hosting season 4 of the anxiety summit – so we can get this information out to more people who need help! And to health practitioners who are looking for answers for their patients and clients.

Let me go through each of the speakers so you know what's ahead and can be inspired and motivated to listen to each one of them. They are all brilliant and this summit would not be possible without the wonderful speakers! I'd like to give a big thank you to each one of them.

“Anxiety: the role of fats, turmeric and wheat” – Cyndi O'Meara, Nutritionist, founder of Changing Habits

We cover some basics like healthy fats being any fat that nature has made, eating seasonal foods and the chemicalization of margarine. And how canola oil is sprayed with Roundup/glyphosate which kills our gut bacteria and affects serotonin production. And we get to learn about inca inchi oil and how to add turmeric to our diets.

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

Dr. Axe provides a brilliant overview of leaky gut and then we take a deep dive in to the stressed gut and the impacts on the adrenals. Did you know how healing licorice root is? Also, there is a compound in frankincense that both fights inflammation and protects the tight junctions of the gut.

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

When I invited Magdalena to present on this topic she said “they'll all throw virtual tomatoes!” If you're still a coffee-drinker I hope you'll take a listen to hear how coffee impacts blood sugar and actually increases sugar cravings, plus how it affects the adrenals, sex hormones and the thyroid. If you are already off coffee good for you. For you this will be good justification and you can hear about great healing drinks like chicory, dandelion, carob and rooibos tea.

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

We cover leaky gut, the Specific Carbohydrate Diet and GAPS diet, plus adrenal health and restricting carbs too much is not healthy.

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

I had so much fun preparing for this interview as so much was so new to me. We start with the basics of gluten sensitivity and go deeply into the limitations with current testing and many of the Cyrex panels. There is a marker that indicates the brain is on fire, cerebellum, myelin and other brain antibodies and markers that show cross-reactive foods like spinach, coffee and even chocolate.

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

We cover community amongst integrative health practitioners, the effect of social support on the adrenals during pregnancy and for parents of autistic children, the role of community in mental health and social anxiety and introversion.

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

Dr. Ramsey shares that low BDNF (brain derived neurotrophic factor) is associated with anxiety and depression. We talk about some of the nutrients that promote production of BDNF: zinc (think grass-fed red meat), omega-3s (think sardines or salmon) and polyphenols (which are found in plant-based foods i.e. organic veggies like kale and herbs like parsley).

I love that he says “I eat for a bigger hippocampus.” The hippocampus is an area of your brain involved in emotional regulation and learning. Don’t you want a bigger hippocampus? I certainly do!

“Anxiety: The Link Between Low Cholesterol and Low Oxytocin” – Dr. Kurt Woeller, DO, integrative medicine physician

It’s important to be aware that total cholesterol that is too low can be an issue when it comes to anxiety, depression and autism. There is also a strong link between cholesterol and oxytocin – the love or social bonding hormone – and Dr. Woeller’s interview is just fascinating.

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

Dr. Wahls’ recovery from MS with functional medicine and the Wahls Paleo™ diet is so inspiring and it was wonderful to interview this amazing woman. Plenty of food information in this interview, plus which foods to eat to improve your glutathione stores.

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

Liz is a longtime colleague and is so well known as a digestive expert. If we can’t digest the beautiful foods we’re eating then we’re back to square one. We cover the wonderful microbiome, low stomach acid and the effects on protein/zinc/iron absorption, low bile production and fat absorption issues – and much more.

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

We start with the basics about the hormone called leptin and low leptin levels trigger the hypothalamus in the brain to signal the rest of the body to initiate hunger and to cause you to eat. And then we take a deeper dive into what Mike likes to call leptin 2.0 and how it affects the immune system, inflammation and the microbiome. It also affects the

HPA axis and cortisol and even sex hormones like testosterone and estrogen in a really profound way. Because of all this it plays a role in anxiety and even PTSD. I learned a lot preparing for this interview.

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

GABA is one of my favorite nutrients for immediate relief from physical anxiety. It works so well and yet many people say it can't get through the blood brain barrier and only works if you have a leaky brain. I'm going to dispel that myth by sharing my experience with clients and other practitioners, plus some very new research on proposed mechanisms of action. This will also be practical, covering the best forms of GABA, what to avoid and how to do a trial for the best results in eliminating anxiety. We are all unique and you need to find what works for YOU.

“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*

I invited Dr. Cass to present on this topic because many people use marijuana to chill out from anxiety, and as a psychiatrist she sees how disabling marijuana use can be in certain susceptible individuals. It can actually trigger schizophrenia and psychosis. There are a number of studies supporting this connection and it's not discussed a great deal by medical marijuana proponents.

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

I'm really pleased that we have our first interview focused entirely on children. More and more children are affected, they often have a hard time articulating that they are anxious, and many have IBS and other digestive issues. We cover all this as well as medication overprescribing, the adrenals, theanine and GABA.

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

In season 3, Kris Homme shared how mercury can impact GABA, serotonin and zinc and hence anxiety. In this interview Dr. Dempster makes further connections between toxic metals (both mercury and lead) and anxiety, how to effectively measure toxic metals and the do's and don'ts of chelation.

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

Julie's work is autism and bioindividual nutrition, and anxiety is very common in autism, with medications commonly prescribed and more often than not without good results – as I mentioned earlier. Anxiety can be solved by addressing underlying biochemical factors

like the healing the gut and addressing food sensitivities. We cover all this and the fascinating topic of folate receptor autoantibodies. This was all new to me. There are many similar underlying mechanisms in autism, ADHD and anxiety so this interview is relevant for everyone.

“Serotonin and anxiety: tryptophan, 5-HTP, serotonin syndrome and medication tapers” – Dr. Peter Bongiorno, ND, author of *Holistic Therapies for Anxiety and Depression*

Tryptophan is my favorite nutrient for alleviating the worry-in-the-head ruminating kind of anxiety and is somewhat controversial despite its effectiveness. I invited Dr. Bongiorno to come and talk about the serotonin hypothesis and serotonin syndrome and if he has concerns about kynurenine and neurotoxic quinolinic acid. We also cover 5-HTP, John's Wort, saffron and venetron as well as hydrotherapy and hugs. And the important topic of SSRI and benzodiazepine tapers.

“Tryptophan for anxiety, depression and insomnia: why quality is key and the critical co-factors” – part 1 and part 2 - Ron Sturtz, Owner/President, Lidtke Technologies

This interview goes even deeper into the frightening history of tryptophan in order to really explain why quality is so key when it comes to this amino acid. This is the only brand of tryptophan I recommend for this reason. We go into neurotoxic quinolinic acid even more and cover co-factors vitamin B3, B6/P5P, folate and nutrients like lysine and curcumin that mitigate the potential for adverse effects. We cover the 500mg tryptophan, a product for kids and pets and one that contains all the co-factors to covers all the bases.

“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*

Anxiety is very common in Lyme disease and psychiatric conditions are often the result of undetected Lyme disease, a bacterial infection that is more common than you realize. We cover Lyme disease symptoms, testing, methylation, balancing minerals, healing the gut and detoxing heavy metals.

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

Dr. Walsh is master when it comes to imbalances of copper, B6 and zinc, methylation disorders and pyrrole disorder (pyroluria). We cover the 5 biotypes of depression and post-partum depression. It was great to talk terminology – I asked him about the confusion around the terms under- and over-methylation. And the testing pros and cons - whole blood histamine and urine pyroluria testing, including false negatives. It was an honor to be able to interview someone who worked so closely with Dr. Carl Pfeiffer, one of the pioneers in this work.

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

Autumn did her thesis on anxiety and food and you'll hear her excitement talking about the mental health benefits of grass-fed beef, fermented foods, healthy snacks (for blood sugar control and anxiety), how GMOs affect the shikimate pathway and serotonin production, and of course their yummy and healthy grass-fed beef sticks, a firm favorite with me.

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

Fluoroquinolones are a common antibiotic that can cause serious psychiatric problems, including anxiety. They do this via GABA inhibition, gut destruction, mitochondrial destruction and magnesium depletion. We go into all this in great detail and also talk about how to recover from fluoroquinolone damage.

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

Tricia's daughter was diagnosed with Lyme disease and developed anxiety, OCD and panic attacks. They discovered the wonderful benefits of GABA Calm, as well as the pyroluria protocol and other natural approaches to help ease her symptoms. I invited Tricia to share her encouraging story because both of us want to inspire hope.

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

The title says it all: I cover neurotransmitter and pyroluria testing - what works and what doesn't – and typical amino acid questions I get asked. If you have Ehlers Danlos Syndrome, joint hyperflexibility and connective tissue problems we often see mood issues and anxiety. It's underdiagnosed and it may be the missing puzzle piece as to why you can't find the solution to your anxiety and health problems. I also cover natural anxiety solutions for cats, dogs and horses. And will end with questions that come in during the summit, from you, the summit attendees.

And now for a few housekeeping notes:

- You'll get to hear 2 -3 brilliant interviews per day for a 24 hour window from 9am PST to 8:59 am PST the next day. You will use the same LINK each day – we will swap out the speakers automatically. Just refresh your link.
- You'll get a daily email with a reminder of the speakers of the day – it may arrive before we swap out the speakers of the day. Again please wait until 9am and refresh your browser and the new speakers will show up
- We have a wonderful customer support team and are here to help. If you don't find the answer to your question on the FAQ page, please reach out.

Here are some ways to get the most out of the summit:

- I invite you to enjoy this unique summit experience: extensive speaker blogs for each speaker. They have interview snippets, research and book links, additional resources and

how to stay connected with the speaker. This is a wonderful opportunity to really engage and connect with me, the speakers and other summit attendees via the comments sections of the blogs. You can ask questions, discuss protocols and nutrients and foods, and share success stories and what challenges you may have. You'll find all of these on my blog www.everywomanover29.com/blog. There is a master speaker blog for season 4 and one for each speaker. The speaker blogs will be made live on the day their interview airs too. I'll be actively engaging on the blog and responding and having speakers respond too.

- If you are a Facebook user you can also ask questions and comments on the Facebook section below the daily replays and on Facebook at TrudyScottAntianxietyFoodSolution (and on Twitter @foodmoodexpert)
- Be sure to download the digital gifts from our wonderful speakers. You'll see a digital gift from most speakers when their interview airs and on the master speaker gift page and on the speaker blogs.
- You asked and we listened! For the FIRST TIME transcripts will be available DURING the summit so you can follow along and read the medical jargon/terminology, highlight and make notes while you are listening each day. We are doing our best to edit them to create the best quality product so we'll be releasing them the day of each interview. This option is available when you purchase the mp3/transcripts and the CD version which includes mp3s/transcripts.
- If you already have my book *The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings*, I recommend that you skim through it again and review the chapters on the food basics, gluten, amino acids, pyroluria and digestion. If you don't yet have a copy, I highly recommend getting a copy so you can be educated on all of this. I'm all about empowerment but you do need to be smart about this too. We're going to cover some of the basics AND some advanced topics on the summit and it is an excellent resource to refer back to and to share with your health practitioner. It's also heavily referenced for helping to convince the naysayers out there, and there are many of them.
- Depending on how much you already know, and where you are in your healing journey, much of what you learn in the next 10 days may feel overwhelming to you. Try your best to just let it all wash over you like a lovely gentle ocean wave – can you tell I love the sea? - cooling you, calming you and invigorating you to want more. You can go back later and really explore the topics that really resonate with you and then pick 3-5 things you can work on right away. I'll give you more action steps in the closing call.

Before I end with some inspiration and words of hope I would like to read this disclaimer: *“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.”

Now let's end with some inspiration and my gift for you. In season 2 I talked about how music is good for our mood and is calming, how it gives us joy and the fact that it even lowers cortisol! There is so much research supporting this and I'm sure you've experienced this first hand!

In season 2 I launched the theme song for the Anxiety summit: “Top of the World”! I worked with the amazingly talented singer songwriter Amma Jo to create the song and the lyrics. Here is a sampling of 2 verses:

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

If you are new to the summit this is my gift to you in season 4. You get to download and listen to your own copy of “Top of the World.”

If you're a seasoned summit attendee this is a reminder to tune and listen to the words again and smile as you listen to it again.

I want this to be an inspiration for you. As someone said during the first season, let this song and this summit be “a bouquet of hope” for you because you really do deserve to feel on top of the world all the time!

A few final words from me – these are things you'll hear me say often but they are good reminders:

- Please don't tolerate how you feel
- 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 can find a solution to your anxiety!
- “You deserve to feel your absolute best, and can and should feel on top of the world - always!”

Enjoy every minute of the Anxiety Summit season 4! This is Trudy Scott signing off.

Speaker Blog: <http://www.everywomanover29.com/blog/benzos-electroshock-blueberries-sauerkraut-vagus-nerve/>

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.