

# Anxiety: the role of fats, turmeric and wheat

- Oils ain't oils and fats ain't fats: the danger of vegetable oils
- The benefits of butter and other healthy fats
- The impact of wheat on anxiety and depression
- Turmeric for detoxification, inflammation, depression and anxiety
- How to get the most out of consuming turmeric



*Trudy Scott:* Welcome to season four of *The Anxiety*. I am Trudy Scott, your host, food mood expert, certified nutritionist, and author of *The Antianxiety Food Solution*. Today we have Cyndi O'Meara here all the way from Australia. Welcome Cyndi.

*Cyndi O'Meara:* Thank you Trudy.

*Trudy Scott:* It's really great to have you here. We're going to be talking about the role of fats, turmeric and wheat when it comes to anxiety. And I'm really excited to talk about this because all of these factors can be very influential on our mood and our brain health.

*Cyndi O'Meara:* Most definitely. And people just don't realize the effect that food has on anxiety and depression. We always seem to look at the head when someone's got anxiety and depression but we should be looking at the gut and the body because they are connected. I don't know if anyone's noticed but there's this big neck that connects us and so many people think if there's a head problem it's in the head and if there's a body problem it's in the body. And we need to look at both

and realize that they are so integrated and when one is out of balance the other one will be out of balance.

*Trudy Scott:* I love that. And this is why I invited you because I heard you speak on the Healthy Me Anxiety and Depression Summit earlier this year and I just love your common sense approach to this. And I think it's so important that we realize how important food is and how what we put in our body affects our brain. And so I'm just so excited to be talking to you about this today.

*Cyndi O'Meara:* Wonderful.

*Trudy Scott:* So let me just get a little bio so people know a little bit more about you for those who many not know who Cyndi is. She's not your typical nutritionist. She disagrees with low fat, low calorie diets. Yeah. Believes chocolate can be good for you - and we need to talk about that one too because some people with caffeine issues may not be able to do chocolate but certainly there are elements of chocolate that can be beneficial. She thinks cheating and yummy food is an important part of a well-balanced diet. And she must be doing something right because she maintains a healthy weight and has never in her whole life taken an antibiotic, painkiller or any other form of medication. And that is just quite amazing Cyndi. Really it is fantastic. Cyndi is passionate and determined and a knowledgeable speaker on health issues and uses her education and experience to help others improve their quality of life so they too can enjoy health and long life. Her qualifications include a Bachelor of Science degree majoring in nutrition from Deakin University in Victoria. And I know Deakin University is very influential in terms of doing studies on the whole food mood connection. Do you know Dr. Felice Jacka?

*Cyndi O'Meara:* Actually I don't. See Deakin when I went to university was one university in Geelong. Now it has subsidiaries everywhere around Victoria as far as I know. So no I don't know her and I don't know her research.

*Trudy Scott:* She's amazing and I just love the research that is coming out of Australia. And she's one of the main researchers looking at food and mental health and a big proponent of looking at gut health as well. She did a really good study, one of my favorite studies, looking at women in Australia and showed that those that ate a real whole foods diet had a lower propensity to anxiety and depression and is on a mission to just really share this information about food and the importance for mental health. So she would be a great person for you to connect with, especially with her being in Australia. She's just a hero of mine. She's actually a founder of the ISNPR, International

Society for Nutritional Psychiatry Research. And she's gathered together researchers and practitioners interested in this food-mental health connection.

*Cyndi O'Meara:* I will actually look her up. I do a weekend for my education students so I do a 12 months education course on nutrition. And we do a weekend course and I always get people that are doing things in research and experts. So this year I have one happening in July in Melbourne and so if she's in Melbourne then I will get her for 2017.

*Trudy Scott:* She's based in Melbourne. She travels all around the world and speaks in various cities in Australia and I'd be happy to connect you. We actually interviewed her on season one of *The Anxiety Summit* and she's actually doing the very first study looking at food effects on depression. And this is with participants who have depression and they are having them work with nutrition professionals to see if changes in their diet can actually impact their mood. And based on all the previous research I'm pretty sure we're going to see some good results. But it's really exciting to see that there's actually a study that's being done at the moment. And this is taking place at Deakin University in Melbourne. So I think it'll be a great connection for you and for anyone else who's interested in this area.

*Cyndi O'Meara:* That would be great.

*Trudy Scott:* Great. Now the other thing about you. You've got two bestselling books. One of them is *Changing Habits, Changing Lives* and then you've got a cookbook as well. And I know that you are in high demand both nationally and internationally as a keynote speaker and then you've got these seminars that you just mentioned. So you're a busy practitioner and it's just great to have you here to talk about the effects of healthy fats and turmeric and wheat. So are we ready to get started?

*Cyndi O'Meara:* Let's do it.

*Trudy Scott:* So you had a really good comment where you said oils ain't oils and fats ain't fats. So tell us what you mean by this and why do we care about healthy fats and what are some of the unhealthy fats that we really need to be worried about?

*Cyndi O'Meara:* You know I think since the 1960s-1970s when Dr. Ancel Keys came up with the theory that fats caused heart disease is when we stopped eating what I would call the healthy fats. So the healthy fats for me are any fat that nature has made. So that could be a saturated fat in a plant based oil such as coconut oil or it could be a saturated fat in

animal fats. So in the winter there would not be a lot of saturated fat around. It would be more in the summer.

So I went to the University of Colorado in Boulder and I did anthropology and so I learned a lot about seasonal eating, a lot about cultures. It was what really set me on to nutrition. And so when I look at somebody saying saturated fat is bad and polyunsaturated fats are good or vice versa as the paleo community sometimes talk about, I like to go back to cultures and traditions. And in culture and traditions we ate seasonal foods. So when the animals were fat they had saturated fat on them and we would consume those fats. If they were producing dairy which would usually be in the spring and right through the summer we might eat that and that had saturated fat in it. So we would have these types of fats in the summer. In the winter we had lean meats because the animals were lean. They didn't have stored fats on them. Neither did we. And we would also eat our nuts and seeds which would be polyunsaturated fats.

So to say that one is better than the other I disagree. They're both good. But it's not only polyunsaturated, saturated and monounsaturates, omega-3's and omega-6's that's important but it's also important to look at the quality of our fats. So one of the oils that has been used for the last probably 30-40 years because it's a cheap fat to produce is canola oil. Canola oil is in our margarines. Now margarine has a checkered history. It's just sticks with the times and everybody believes that it is a good food. But when you look at its history it was first made for candle wax and soap making. And then it morphed to like a cheap alternative to butter. And in some states in the U.S. they colored it a pink because they never wanted anybody to think that it was butter. And then by the 60s when Ancel Keys came in and this is when everything changed - it became the healthy alternative to butter. So it's just morphed its way through.

Then in the 80s it lowered cholesterol. How it did? that they had to add plant sterols to it and there's a lot of controversy about whether they work to decrease our cholesterol. Then it morphed into - we don't hydrogenate our margarine. We interestify it. Well nobody knows what interestification means but what it means is it's produced a fat that's never even found in nature called an IF which is an interestified fat which causes a prediabetic state in preliminary research. We've still got to go through that research but I look at the morphing of margarine and the fact that it's been seen as a healthy fat and it's not a healthy fat. It's a chemicalized, manmade, manufactured, polyunsaturated fat that is normally liquid at room temperature that becomes solid because of what they do.

So if I was going to put this oils ain't oils and fats ain't fats into context, fats from nature are your healthy fats but in seasonal and using all different kinds of ones. And anything made in a chemical laboratory or needs solvents to get the oil out of the state such as canola oil then we stay away from them.

But I just want to add one more thing about canola oil and cottonseed oil and all the oils that are used in our food manufacturing and industrial oils in our margarines. All of these fats, one they could be genetically modified. But if they're not genetically modified what they're doing now is that they're spraying a desiccant on the crops. They so here in Australia. I've asked farmers who grow canola that's not genetically modified. They throw something called Roundup on it which has an active ingredient glyphosate. Glyphosate just kills plants. So it kills the canola oil or the canola plant which is also called the rapeseed plant. It basically kills it so that at the last minute in that last couple of weeks once they've sprayed the Roundup on it it produces more seed so the harvest is greater.

But then what we have to realize is that glyphosate is a herbicide. It's an antibiotic to the soil and it's an antibiotic to our gut bacteria soil. And it's killing our gut bacteria. Roundup since 1998 and the year 2000 has been used on so many of our crops, not just canola oil but our wheat. It's used on vines. It's used on stone fruit. It's used on in our parks and our sportsgrounds, along the side of the road. Since 1998 the amount of glyphosate that's being used has just grown exponentially. And I think if we look back and see the amount of autism, the amount of mental illness that we're seeing, depression and anxiety we will notice a pattern. And actually Stephanie Seneff has shown this pattern. And we will notice a pattern that this is when the growth of all of our gut issues and mental health issues and autoimmune diseases have increased. So oils ain't oils is the sort answer to that and we need to be alert as to what is happening out there.

*Trudy Scott:*

Wow, that was fantastic. And I'll second everything you said about margarine. Interestingly enough I grew up in South Africa and we ate margarine. I was fortunate that I ate pretty healthy food. We didn't have fast food. We didn't have boxed food. We didn't have TV dinners in South Africa. We didn't even have a TV when I was growing up. But one of the bad things that we did consume was margarine. And everyone just assumed it was the right thing to do. And it really amazes me that there are still people today that think margarine is okay despite the fact that we've got all this information saying butter is better and why margarine is not good. So we've still got a lot of educating to do I think and if we can reach anyone who's

maybe listening to this and is still consuming margarine at least be aware that what Cyndi is saying is absolutely true and we need to steer clear of it.

And then the fact that canola is sprayed with glyphosate or Roundup. I wasn't aware of the canola being sprayed with this herbicide. I knew that wheat was and that's a big issue that we're seeing with wheat. But you mentioned the effects that it has on the gut and the microbiome. I actually interviewed Stephanie Seneff on one of the prior summits and she talked about the effects on zinc and manganese and serotonin. And all of these are such important nutrients when it comes to anxiety and depression. So it has many, many effects. You just mentioned autism. That's a big problem as well. So who knows what it's doing and I really, really feel that the more research we find on this the more we're going to realize what we've been doing to our food supply.

And then I'm glad you mentioned the seasonality aspect. I think that's an important one and it's not something that I've heard people talk about when we're talking about fat so this is a really interesting element to add to it. So thanks for bringing that perspective. Can you share a little bit more about some of the vegetable oils and how they're processed? In South Africa as well as margarine we grew up using sunflower oil. That was highly processed and probably very rancid and probably deodorized to get rid of the rancidity aspects so we wouldn't realize it was rancid. Can you talk a little bit more about some of the liquid vegetable oils that are used - maybe canola or some of the others that are used? What is the main vegetable oil used in Australia by the way?

*Cyndi O'Meara:* Well everybody thinks that rice bran oil is a good oil and canola oil and soy oil. These are all used. When I first heard rice bran oil I went rice bran oil? How do you get oil out of bran? You know people have to think. They have to go - rice bran oil? In order to get oil out of bran we're going to have to manufacture it. So if you look at rice, like if you get an avocado you can actually squeeze the oil out of it. If you get a nut you can actually squeeze the oil out of it. You get a rice grain. Try and squeeze the oil out of it. You can't. If you get a rapeseed or grapeseed, so rapeseed being canola or grapeseed, try and squeeze the oil out of it. You can't

So any little tiny seed that you don't even feel the fat and you can't squeeze anything out of it you know they're going to use solvent to get the oil out of it. And then because they're using a solvent then they're going to have to do all sorts of other things to it in order to clean the solvent out, deodorize it, purify it and everything like that.

Then they have to add antioxidants to it and the antioxidants that they were adding was BHA and BHT which had dubious side effects in rats and no doubt humans. But only the research has been done on rats.

But what I find really interesting now is that the food manufacturers actually know that we don't like BHA and BHT or MSG. And they've created this new thing called clean labeling so instead of saying BHA and BHT beside the oil, canola or rapeseed or grapeseed, you'll see rosemary extract. And someone who wants to be aware about their food but not have the knowledge of clean labeling will look at it and go well that's good. That's brilliant. But in actual fact it's BHA and BHT returns. It just started with rosemary.

It's like natural flavoring versus artificial flavoring. Natural flavoring they start with the strawberry but it still has the same 48 chemicals as artificial flavorings at the end. So with any of these fats that are highly refined, and if you can sit them on your barbecue and here in Australia we have lots of barbecues – if you can sit that fat on your barbecue and in a clear plastic container and three years later it's still not rancid you know there is something wrong with it.

So once upon a time when oils were first extracted from nuts and seeds it was back in the 1800s. I think the hydraulic press came about the 1800s, mid-1800s. Every three days they would take the oil around in very dark vats and they would put it in dark containers and they would have to put it in dark places because otherwise the oil would go rancid very quickly. The fats that didn't go rancid were the ones that were high in vitamin A and vitamin E. And we find them with inca inchi oil. You'll find them in the olives, your avocado, your macadamia, your walnut oils, your hazelnut oils. Even some sesame seed oils I've seen that are cold pressed.

So even though it's a small seed so I just stay away from anything that if you're thinking there's no way you can get the fat out of it unless you use a solvent and then the refining process starts. But if it's cold pressed then I go with that. And I never cook with my vegetable oils. The only vegetable oil that I will slightly cook with is a monounsaturated fat such as olive oils or avocado oils and macadamia nut oil. And being in Australia and macadamias being our native nut, macadamia nut oil is readily available. So I will use them in my cooking.

But as far as inca inchi seed oil which to me is one of the most amazing plant based oils. It's also called sacha inchi so it's a South American seed and it's 86 percent essential fatty acid and 48 percent

omega-3 which means that we can make our EPAs and our DHAs with it. So it's a more sustainable omega-3 base as opposed to fish oil. And it's one of my favorite oils and it's got a profile that's similar to flaxseed oil but flaxseed only to me I don't like the taste of it whereas the inca inchi I can make my mayonnaises, my pestos. I can make all beautiful salad dressings with it. I can drizzle it over some fresh vegetables that I've just steamed.

So I'm not one for taking pills. I'm one for getting the best quality food, the best quality fat and introducing that into the diet in the way of the way we used to eat. Not the way we eat today. Mayonnaise doesn't even have an egg in it these days.

*Trudy Scott:* It's usually got soy oil or something dubious or canola oil in it for that matter. So we want to go back to eating real food. So I just want to recap coconut oil is good, avocado oil, macadamia nut. I just love macadamia nuts. I just think they're fabulous. Olive oil and then this inca inchi. That's something that's new to me. I just want to spell it for people. I – N – C – A I – N – C – H – I oil. And what is the other spelling you gave for it?

*Cyndi O'Meara:* So the other name for it could be sacha inchi. So that's S – A – C – H – A. S – A – C – H – A. And the sacha or inca inchi. It's the same seed but it's just termed differently.

*Trudy Scott:* And then you mentioned flax oil and it being similar. Is this oil also very volatile in terms of needing to be refrigerated and have an issue with being exposed to high temperatures in a similar way that flax oil is?

*Cyndi O'Meara:* No inca inchi is very high in vitamin A and vitamin E. And it has its own antioxidants. So we actually have it in our company because I was looking for an oil that would replace fish oil because while fish oil has the EPA and DHA, people have to realize that fish oil or fish convert DHA to EPA or they'll convert foods at a rate of around 6 percent to 12 percent. Then we take it out of the fish. It takes five kilos of fish to get a liter of that oil. It's very, very expensive. Most capsules on the market for fish oil if people are taking it for brain health, most of them have got excipients in it because they only want to use a drop of fish oil and maybe synthetic EPA and DHA. And then they'll put maybe fake vitamin E in it and soybean oil in it. And then they'll put it in a capsule. So when you squeeze the capsule – I've bought these they're like \$20 for a 1,000 capsules. When you squeeze it you're getting nothing out of it. There's no point in it. You might as well eat the fish, take your mayonnaise with your fish, stunning. Or even pesto in your fish. I find this whole thing is that

people go omega-3, got to eat omega-3. Where can we get omega-3? Let's extract it. Let's everybody eat it. Let's make it a cheap commodity. That's the way to make a vitamin and mineral bestseller. But I want to get back to foods. I just think this is how our body eats foods in context, not out of context.

*Trudy Scott:*

I agree. And if we can get the nutrients and the fatty acids from our food that's great. I think if someone is going to go for fish oil they definitely need to look for a company that can vouch for the fact that they don't have all these fillers, they don't have all these chemicals in the fish oil. But I'm with you. Let's get back to eating real whole food and eating the fish and eating these healthy oils is just so wonderful.

Now there's a few other facts that we need to think about and I mentioned how butter is better than margarine. Can you talk a little bit about butter and ghee and some other saturated fats that we may be steering clear of because we are worried about eating - quality cream or maybe eating animal fat such as lard. Tell us about why these might be a good thing to be eating.

*Cyndi O'Meara:* Yes. Well if you look at butter, butter is 60 percent saturated fat. So what's the other 40 percent? Everybody kind of just throws the butter out because it's 60 percent. If it's a grass fed cow it's got omega-3 in there. Another source of omega-3. It also has butyric acid in it which helps the endothelial lining of the gastrointestinal tract's integrity. So if you had bugs that aren't working or your microbiome that's not working which is normally what produces the butyrate or butyric acid, if that's not working then you're going to have to supply it by the food. And that's why I make pate and I'll even make it with ghee. So if someone has a lactose intolerance ghee removes all the lactose and all you're left with is this beautiful butter oil.

And so make pate. Get the liver. Get your vitamins A and D. Get your butyric acid, your omega-3, your saturated fat all in one delicious food. And we've probably been drinking milk as hunter-gatherers because if there was a female that was killed they would have seen that there was that milk there and they never wasted anything, hunter-gatherers.

If we ferment, if we use cultured butters, if we have a problem with lactose then these foods are absolutely wonderful. As well as cream. It's a good source of fat. And we've been told that we should be doing low fat and fat's not good for us. And I was listening to the bio you read. That bio was written nearly 25 years ago and that's what cracked me up. I went I'm probably like every other nutritionist now. Everybody thinks that way. But 25 years ago I wrote my book *Changing Habits, Changing Lives* and I remember talking about the difference between butter and margarine and I was writing for a local paper at the time and there was 250,000 circulation. And obviously the Margarine Association picked up on it. They said that they would sue the paper. This was back in the early 90s. They were going to sue the paper. And the paper asked me to retract what I said and I went no. Let them sue you.

And in the end margarine, they knew what their food was made of and that I had been telling the truth. And they just said well, I'll tell you what. Rather than us going through a lengthy process we'd just like you to do a one page advertisement on margarine which they did.

*Trudy Scott:* Wow. Good for you, 25 years ago. That is just phenomenal. You are just a total cheerleader. Wow, that's just amazing. And it's so funny that they didn't like that article. And it's quite funny. I've got a similar story when I moved back to South Africa for a short time after I'd been living in the U.S. and I'd become a nutritionist since working here in the U.S. And I moved back to South Africa and I grew up in Durbin. And Durbin is the sugarcane capital of Africa.

All the sugarcane is grown there and there is big sugar production. And I wrote an article in the newspaper about the bad effects of sugar and I got this really nasty letter from the Sugar Board saying hey, you can't say this stuff and all of these reasons why sugar was beneficial. We've got to put it out there. We've got to say it and people need to read it and hear it and start questioning because otherwise they're just going to go on their merry way and they're going to wonder why they're not feeling great. So good for you.

*Cyndi O'Meara:* Like what you say about sugar, I was doing an article on sugar so I rang -we have sugarcane all around us now - and I rang one of the local sugar refineries which was in Mackay. And I asked for their nutritional content of white sugar and there was a pause. And then the man said to me, madam, if you want to get your vitamins and minerals you need to eat your fruits and vegetables. There is no nutrition in white sugar. It's 99.6 percent sucrose and 0.4 percent ash. And he was so proud that they had a pure, pure product. They have stripped it of everything. So I quoted him. I said there is nothing in sugar.

And once again we've taken sugar out of context. Sugarcane has amino acids, vitamins and minerals. It's got magnesium to help us use the glucose that's in the sugarcane. It's got fructose in the sugarcane. So it pulls the sugar out first and then the fructose comes in behind it. And then the vitamins and minerals help us use it. And this whole thing we are now seeing about I quit sugar. Don't do sugar. Sugar's bad for us. It's just like salt. Salt was refined. Then fat was refined. And salt was the don't eat salt. Everything was low salt. If you go back to the 70s everything was low salt. Then it was low fat in the 80s. And now it's low sugar.

It's like we're all looking for the one food problem, the one food issue. And to me there is no one food issue. You can eat sugar but good quality sugars like rapaduras and our sucanats and in our fruits. People are going off fruit. People aren't eating sweet potatoes because of the sugar content. And I realize there are some people that need to be in therapeutic nutrition. There is a percentage of people that have to go off them until they get their insulin resistance down, until they get their sugar levels down. But not everybody. Like we should be able to eat these foods seasonally.

And I don't like the word moderation because I disagree with the everything in moderation. I would never eat margarine. I would never eat flavors. But I think all real foods made by nature, seasonally eaten, organic as possible in moderation. So don't eat bananas until they're coming out your ear. Or don't have potatoes

until that's all you can eat. So it's about having this variety. And as hunter-gatherers we adapted to the environment. As agriculturalists we adapted to our environment. And we can go back to the Australian aboriginals who were eating grain we know for sure 45,000 years ago and cultivating it. Most people don't know this. The aboriginals were not solely hunter-gatherers. They were semi-nomadic. They had places where they grew fields and fields and fields of grain.

*Trudy Scott:* What kind of grain would they grow?

*Cyndi O'Meara:* It was an oat, a rice. So this was adapted to be an Australian environment because the aboriginals, they believe the aboriginals have been here at least 65,000 years. So it was the grain that was here and all they did was cultivate it. They stored it, they cooked it, they used it. But the difference between the agriculturalist or the Australian aboriginal and the agriculturist in the northern hemisphere was that they lived peacefully. That they worked as communities. And even though there were different tribes in different areas of Australia they knew that they would never be robbed of their food.

But we could have learned as northerners coming down to Australia, we could have learned so much about their society. But instead we absolutely decimated it. And now all we have is the explorer's books and archeological evidence to show us this was the proof of what was happening in Australia.

I remember I read an amazing book by Bruce Pascoe who wrote the book *Dark Emu*. He put it out in 2014, last year. And he documented archeological evidence. He documented all the explorers all talked about as far as the eye could see they could see fields. But the aboriginals had stone houses. They were an amazing race. A race far beyond probably any other race in the world. Maybe South America. We see the South Americans and we see hints of what they were doing. But these guys were, the communities were there and they were peaceful and they were not a warring nation at all.

*Trudy Scott:* So explain what the connection of this discussion is to current grain consumption. Are you saying that we've gone away from grain despite the fact that it was consumed as part of a traditional culture many, many years ago. Is that what you're saying?

*Cyndi O'Meara:* Yes. This is another thing to the whole paleo diet. Now while I feel that some people need to be on these types of foods if they're in a therapeutic regime I also believe that grains have been a part of the Australian landscape for thousands of years. It was also a part of the

landscape of the northern hemisphere. And no doubt Africa as well. I don't know Africa as well even though I've been to Namibia and Botswana and I've seen that they grow maize there. But that's only been in the last couple hundred years.

So it's been part of our landscape. We learned through culture and tradition how we needed to prepare it in order for it not to make us sick. So let me give you an example. The Australian aboriginals grew something called nardoo. Nardoo when it is raw will kill you just like five red kidney beans will kill you that are raw. So nardoo we know will kill you if it's eaten raw. Because what it does is it stops the absorption and utilization of B1. So you die of a B1 deficiency basically. And so they knew that once they picked it that they had to grind it, wash it, soak it, cook it and then it would be available for them to consume.

Now we had explorers that saw the aboriginals picking nardoo, thought that they could eat it raw, ate it raw and it ended up killing them. And we were always told in history that they died of lack of water and lack of meat and food. And what was interesting is that I decided to go to where these explorers died. They died on the banks of the Cooper River which is a river that never goes dry. And it was a wet season that they were there. There were fish and animals. So they got that. They ate that. They were weakened by their exploring but they also ate nardoo and the nardoo is what killed them. And their names were Burke and Wills for people who are interested in Australian history. The one person who didn't die in that party was King. King went to the aboriginals to survive. He went and lived with them and learned the preparation of nardoo.

So wheat is the same. Let's take wheat.

*Trudy Scott:* Before we go there I just want to go back to nardoo because this is interesting. I love learning about history. Firstly spell nardoo for us for those of us who don't know what it is.

*Cyndi O'Meara:* N for Nellie, A – R – D – O – O.

*Trudy Scott:* Nardoo. Okay, great. And then you mentioned the soaking part and I'm guessing you're going to talk about this when you're talking about wheat. So let's continue with wheat. Thank you.

*Cyndi O'Meara:* So I'm 56 this year and at the age of 48 I was getting aches and pains, low back pain and a very, very sore hip. My girlfriend who had turned 60 had just has hip replacement and I was thinking gee, she eats like me, we're under chiropractic care, we eat really well. How

can I be having a hip problem. Why did she have to have a hip replacement? And I was a little bit wondering if I was going to go down that way. I was getting a little bit of anxiety at three in the morning waking up and I didn't know why – migraines. Just really breaking down from someone who had lived my life in the best way I could with nutrition and no medication and everything cooked from scratch. I was at 48 breaking down. I thought maybe this is what menopause is all about. I didn't know.

So anyway I decided to do an elimination diet just to see if I could feel better because the juice diet – I would do a seven day juice diet and that wasn't working. So I thought right, I'm going to do an elimination diet. So I eliminated everything but the winter foods of the hunter-gatherer with no nuts and seeds. I just did lean meats, lots of greens and winter fruits. So I did apple and citrus fruits and just those types of fruits that are very low in the sugar content.

And in three weeks I lost nine kilos, all my anxiety, every ache and pain, no hip issues, no tightness of my throat. It was like a miracle. And so then I started to put foods back into my diet. And probably about two weeks in I thought I was at the Woodford Folk Festival which I just love and I had brought all my food, breakfast and lunch. I thought I'd be home for dinner and I wasn't. So I thought what am I going to eat? So I thought Gopals, the vegetarian restaurant, I'll go there. Then I know kind of what they're doing. And so I ate wheat based foods.

And the next day I woke up. I had put on 700 grams of weight. I was in so much pain. It all came back. And I went but how can wheat be my issue. That's the only thing that I ate over and above what other things I ate. So I went on this search because I knew as hunter-gatherers and the Australian aboriginals and everyone they all eat grain. Why was wheat a problem? And as I went through the processes of we eat too much of it. It's processed. They take the germ and the bran out. We fortify it. We've been fortifying it since 1920. They're now fortifying it in Australia with folic acid and iodine. Our bread had got the iodine in it. Sorry about that. Folic acid is in the grain. They're now using Roundup before they plant in Australia. In the U.S. they're using it as a desiccant. In some places in Australia they're using Roundup as a desiccant if it's in a dry arid region as opposed to a wet region or is it the other way around? It's the wet region that they use the desiccant.

And I just feel that we have created this product, we had hybridized it, we had added chemicals to it and all of these steps that we had done to it. And then when we bake it we grind it and then get rid of

the germ and the bran. Then we put it in something with preservatives in our yeast and it's out of the oven in an hour really. You know rise, out in an hour. Whereas our traditional bakers would use a sourdough. It might take up to ten days to create the sourdough and then the bread. And then if you had that starter it would then be a three day process.

Then I just felt that what we had done is that we had not only gorged ourselves on this product but we had stopped the ability for us to consume it. So one of the things that we're now recognizing is that bifidus is a very, very important part of us digesting bran. If we don't have bifidus, and when you do stool samples and more and more stool samples are being seen and more and more people have lost their bifidus. So if you don't have bifidus then you can't digest the grain or the gluten. I think there is an enzyme that helps us digest gluten but it's in such short array and who knows why? Is it because we don't have enough bifidus or what it is that we can't digest the gluten. Gluten then opens the epithelial lining between us and the gut and lets all these proteins in including gluten itself. And then we have allergic reactions.

And they're saying that those reactions can happen in the brain and you have an inflamed brain. They're seeing a link between that and dementia. It may be in your joints which was what was happening to me. It could be hitting your thyroid. So the thyroid you then would have Hashimoto's or Graves. Or the adrenals and then there's Addison's disease with the adrenals. We know celiac disease definitely. And so all of a sudden we have created the perfect storm. That more and more people are intolerant to wheat and gluten.

But I was brought up in the 60s and 70s and everybody had bread and breakfast cereals and we never had these problems. So something has happened since the 60s, 70s and perhaps the 80s for this to escalate the way it's escalated. And if you already interviewed Stephanie Seneff she explains that glyphosate has destroyed our gut bacteria. But what's interesting is Sally Fallon from Western Price, the president of Western Price, says that the best way that we get bifidus is raw milk. And when you consider that raw milk is now not in Australia, it's illegal to have raw milk. You know you're fined \$60,000 if you sell raw milk here in Australia or you are feeding raw milk to someone. It's a new law that's just come in.

*Trudy Scott:* I didn't know that.

*Cyndi O'Meara:* Australia's a really good testing ground for this stuff. I think they test Australia and if Australia complies I think the rest of the world's

going to comply. I really do. It's just ludicrous. I could go on but that's just going on another subject.

*Trudy Scott:* So going back to the wheat because I grew up eating cereal and bread and certainly not to the extent that people are consuming it nowadays where it's in everything. Anything processed has got wheat in it so I think that's a big issue. Do you know if in those days if wheat was sprayed with Roundup or is that quite a new development?

*Cyndi O'Meara:* It's a new development.

*Trudy Scott:* It's new.

*Cyndi O'Meara:* So you can actually go to the U.S. Agriculture, U.S.D.A., is that the Department of Agriculture. You can actually go there and go in there and I forget when it was done, I think 2014, and look at all the chemicals that have been sprayed from the 1930s, maybe 1940s. You can actually look at all the chemicals that are being sprayed. And if you look at glyphosate you can pick the chemical, there's hundreds of them. You can actually pick glyphosate and you will see the graph. It's kind of just even and it's very small amounts were sprayed. By 1998 to now it just has like I said exponentially just flown up. So it's been since probably about the year 2000 that glyphosate is sprayed or Roundup is sprayed in huge amounts now. And if you have a look at all the graphs from autism to mental illnesses to gastrointestinal problems it is going with that graph.

Now I understand that this is just an association. But I think we've got to consider it. And when you look at Stephanie Seneff's work she actually shows the biochemistry behind it. So the destruction of the shikimate pathway by a bacteria which is what takes our fructose that we consume into a product called PEP which then goes through the shikimate pathway to produce aromatic amino acids which then in turn produce 90 percent of our neurotransmitters.

*Trudy Scott:* I'm glad you mentioned that because a lot of people say well Roundup's not an issue because humans don't have the shikimate pathway. But the fact is bacteria in our gut has it and this is where we make so much serotonin. So it's a really, really important factor. So are you saying that wheat may not be such an issue if we didn't have the Roundup sprayed? Is this what you're suggesting?

*Cyndi O'Meara:* Well I think Stephanie would suggest that and I think so too. I think it's part of the issue and I think it's a big part of the issue.

*Trudy Scott:* And then how it's processed and how it's not soaked anymore and how we're preparing these grains may be a big problem as well. And then the fortification you mentioned that adding in the folic acid which can be very problematic. If someone is consuming large amounts of bread they could be getting really high amounts of folic acid. And that in itself could be a problem.

*Cyndi O'Meara:* And it's synthetic. It's not coming out of foods.

*Trudy Scott:* It's not folate. It's folic acid. Absolutely.

*Cyndi O'Meara:* Exactly. And then the B1 is coming from the petrochemical industry. And the zinc and the iron that they're putting in is coming out of the ground. The only way we should be getting our minerals is basically through a salt or through the plant. We should not be getting our minerals that we can get a magnet and pull the iron out which you can. You can actually pull the iron out of a breakfast cereal with a magnet.

*Trudy Scott:* Wow.

*Cyndi O'Meara:* Because it's in the flour. I've seen it done so many times.

*Trudy Scott:* I'd love to see that. That would be really, really good. Now Cyndi, you've got a documentary coming out on wheat. Tell us a little bit more about that.

*Cyndi O'Meara:* It's called *What's With Wheat*. And if people want to look at the trailer you just go to [whatswithwheat.com](http://whatswithwheat.com) and it'll be out in June. And it's all about, very much about my journey with wheat. But I've got Dr. Perlmutter. I've got Sayer Ji. I have Dr. Leo Galland. He's out of New York, he's a medical doctor out of New York. Stephanie Seneff, Vandana Shiva who is an Indian activist with so many Ph.D.'s behind her name and she was just amazing. Joel Salatin who owns Polyface Farm. We've got Kim Morrison who talks about gluten and on our skin, Dr. Terry Whals, Dr. Sarah Ballantyne. So I also have Dr. Rodney Ford who is a gastroenterologist in Christchurch.

So I've interviewed all of these people and asked them exactly the same questions. And it is about all the things that happen to wheat and where we stand now with consuming wheat. And it's so interesting because the last question I asked them all is do you think there's hope for us? Considering what we now know do you think there's hope after we're destroying our microbiome, we're destroying the planet? Fifty percent were very hopeful. The other fifty percent,

and Stephanie was one of them, were a little bit worried. And these are research scientists.

And I think we need to start voting with our money, with our hip pocket because that's what's going to hurt these companies. And I buy my food from my local farmer's market. I know the farmer. I try and buy seasonally as much as possible. I buy organic or spray free they call it because to get organic certification is not always easy. The products that we have in *Changing Habits* are all certified organic. We go to the growers and we'll go to South America. We'll go to Germany. We'll go all over in Australia to find the food that is a concentrated food.

Remember I said to you I'd rather use food than supplementation. So we have inca inchi. We have camu camu which is high in vitamin C. So we have all of these foods that we know are high in a certain nutrient but has it in context. Has everything else around it. And I think we've got to start doing that. We've got to stop feeding money to the companies that are not looking after our health.

*Trudy Scott:*

I love it. I think it's so important. And if we can do that and get our health back then we can survive like that. Unfortunately there's so many people who have got into such dire straits. They're so disabled because of low serotonin, because of low GABA, because of migraines, because of PMS that they can't function. But to start to make those baby steps and to start to incorporate some of these wonderful healing foods while they're on their healing journey they'll eventually get to the point where hopefully – and I'm hopeful too. I'm hopeful that we can turn this around. I just think we need to start asking questions. We need to not trust that the food producers have got everybody's interest at heart. And we need to just educate ourselves which is why I love to do the Summit and interview people like you. Because I think the more people that hear this – and certainly hearing it from another country I think is important as well because sometimes we don't really know what's going on in different countries. And I'm hopeful. I assume you're hopeful as well.

*Cyndi O'Meara:*

I am hopeful but I've been a nutritionist for 32 years now. And when I first started to be a nutritionist someone would come in with health issues and they'd be on what we call the SAD diet, the standard Australian diet. Or you could call it the standard American diet. And I would just put them on a real food diet and would see phenomenal results.

But what I'm seeing now is that I am seeing people that are so sick that just putting them on a real food diet and not eliminating or giving

them support in some way, they're not getting well. And that's what worries me. That's what concerns me.

So I think it is about time as parents we become vigilant long before we become parents I should say. Like young women and men should start to realize it. Like I see so many people come to me because they've not thought about this issue until they've had their child. And their child is sick and they're so sick. I have people around me and clients that the baby can only eat a medicalized formula and they're two and three years old and 13 years of age. Because their gut integrity is so bad and their immune systems are so hypersensitive that even breathing strawberry on them they have hives or a reaction or anaphylaxis.

And I remember Joel Salatin saying in my film and I don't know if I'm going to quote this as well as he does. But he basically goes from the bottom of the food chain to where we are now and it's all about if we feed artificial fertilizers to create plants we're going to create artificial plants that then create or are fed to animals which create artificial animals that benefit humans that create artificial humans. And the only way we can keep them alive is through artificials.

And when I see these babies and they are here in Australia and I'm sure they're in every country. When I see these babies who can only be kept alive because of artificial medical feeds with amino acids, no proteins. All single amino acids. High fructose corn syrup. This is what the formula is. And fats that could be palm oil, coconut, sunflower or canola. I can't remember what's in them. With vitamins and minerals that are artificial and that's all that can keep them alive we're in a sad situation.

*Trudy Scott:*

We are. We are. And that's Stephanie's big issue here and I said if we can go back to eating real whole foods we can change. And you talked about getting people on a whole foods diet 25 years ago. And I haven't been doing this as long. I've only been doing this 12 years but I have different levels of clients that I see. And certainly level one they can just make food changes. Even today and they'll see a huge turnaround with going back to eating real whole foods. And then I'll see level two people who just need to make those food changes and need a little bit of nutritional support like some of the nutrients you talked about. But then there's level three and four people who are so severely disabled that they need these nutrients. They need supplements. They need amino acids. They need GABA and tryptophan and they need zinc as supplements in order to function. And then you get the level four clients who've got Lyme disease and they've got really, really bad gut health and they need

even more support. They've had heavy metal exposure. They may have been exposed to high levels of pesticides and glyphosate. So we're in a dire situation and I like that quote by Joel Salatin about in this sort of synthetic world where we need to get out of it and we need to start making change and we need to wake up.

But I'm really pleased that you mentioned the fact that parents need to think about this before they have kids. But this also applies to the fact that what our parents ate or what our grandparents ate could be affecting us. So we need to sort of go back and realize that we can't beat ourselves up for what's going on with our children if this is a generational thing because some of those effects get carried down through generations. So we've got a big task ahead of us. We certainly have.

*Cyndi O'Meara:* We definitely do and you're so right generationally. And if we have a look when lead and arsenic were sprayed in the U.S. on the cornfields and wheat fields. There was a grasshopper plague. That was around 1938. So I look at my grandmother. My mother was born in 1937. My grandmother was 20-something years old. So she was born 20 years previous. So I figured my grandmother would have had a fairly intact microbiome. But then because of the spraying of DDT after the spraying of arsenic – because my mom was born in the cornfields of Iowa U.S.A. And my mom I feel like when my mom hit 20 and she became pregnant with my older sister that she perhaps dumped a lot of those chemicals through her fat onto my sister.

And then I was born in Australia so my sister was born in the U.S. I was born in Australia and so was my brother and so was my father. Now my mom died of mesothelioma at the age of 69 and my sister died at 46 of CREST. CREST is an autoimmune disease that she was diagnosed with at 25. And these were the two that were exposed to the chemical revolution. And they always say we do dump a lot of our chemicals on our firstborn and we're just learning this now.

Dr. Natasha Campbell-McBride who is also in my documentary she talks about it. And she just says it's a flush for the system. But once upon a time we never had this problem because seasonally we would put weight on in the summer, lose it in the winter, lose any heavy metals that we were exposed to because a volcano erupted or there was heavy metal in the water. We've been exposed to heavy metals forever. And then we would start afresh and we would normally get pregnant in the summer because that's when we put on that fat. We'd carry that baby through. We'd have lost that small amount of heavy metals. We'd have the baby. Breastfed the baby clean. But these

days that's not happening. We are dumping our chemicals onto our baby and we know this through cord blood analysis.

*Trudy Scott:* Absolutely.

*Cyndi O'Meara:* We know this. And then we're breastfeeding and we're releasing more. And so I look at my sister and I think of her every single day of my life. She sacrificed her life so my brother and I could be healthy. Because my brother's in the same situation as me. He's in his 50s, he's healthy, no drugs, no medications, eaten well all his life. And my dad's 88 and lives alone on three-quarters of an acre, four bedroom family home. And it's as neat as a pin and he looks after it. He's getting a little bit forgetful at the moment but apart from that I do look at the generational effect.

My grandma died at 95. She was old. And I had great grandparents still alive. All of that generation lived into their 90s. But the next generation – my mom was the oldest of 11. There are only three left. The youngest was my age and there's only three left. You have to kind of wonder what was happening in Iowa U.S.A. and why we have had so much disease in our family from breast cancer to dysphagia to type 1 diabetes, AIDS. We've got AIDS because we had hemophilia for the first time in that generation.

And this is what the documentary is about. It's talking about the generational effect of these chemicals, the amount of wheat we're using. I want people to wake up.

*Trudy Scott:* Well I'm excited to share it and I'll make sure that we share a link with this interview. I think it's going to be great. You've got some great speakers and great experts. It's going to be wonderful. I'd love to switch directions and end with a nutrient called turmeric which actually fits in perfectly to this discussion because it's a great nutrient in terms of helping us with detoxification. It helps reduce inflammation which people with anxiety and depression may have. So tell us a little bit about why you like turmeric. And then I'd love to hear how we should be consuming turmeric and some ways that we could get it into our diets.

*Cyndi O'Meara:* Well turmeric is a root and they're growing a lot of that around my area at the moment. It's become very, very popular. I juice it. When it's in its fresh state I will juice it. When it's in its dried state I'll use it in desserts. So yesterday I made what I called date squishers so I just put dates and my cacao wafers or my cacao melts. They're 100 percent chocolate with a teaspoon of turmeric and a teaspoon of cinnamon and ginger. And I just make it into – I grind it and it goes

into like a ball substance and I just create. Also I'll do it as a sweet thing. I'll put it in my curries. I'll add it to my broths or stocks. I'll often make a broth, get a cupful, throw some turmeric in, some seaweed salt which I produce. It's seaweed and Himalayan salt. Then I'll cut up some spring onion and that's the most heartiest either morning start or lunchtime start. I call it swap a coffee for a brothie.

*Trudy Scott:* Oh I like that.

*Cyndi O'Meara:* Swap a coffee for a brothie. So you're getting – coffee is good by the way. One of the things that turmeric does and coffee does and ashwaganda and broccoli. And there's one more but I can't remember what it is. There's five of them. What they do is that they activate a pathway in the brain to create an anti-inflammatory process in the brain. And what we know is that the only time that the brain will clean itself is when you are asleep.

And so to end your night with a brothie, to end it with turmeric and then go to sleep you allow that pathway to start because it doesn't stimulate like what coffee does. You could even put broccoli in there to enhance it or the ashwaganda herb if you want to. And basically that's when the brain will start to clean itself. And it cleans itself from the top to the bottom and it's like a water wash that goes through the brain. There's a brilliant TED video on this and it's about when the brain cleans itself. I can't remember the exact topic but I'm sure if you went in there and went brain, sleep, clean or something like that you'll find the TED video.

*Trudy Scott:* I'll have to look for that and share it. That's lovely. I love the analogy. It sounds great.

*Cyndi O'Meara:* The thing is that we all have sleep – well a lot of people have sleep issues. And so if you're not sleeping you're not cleaning the brain. The brain is inflamed. So you have to do things in order to get this pathway to get going and to get your sleep. And often your sleep issues are usually because of poor health and so get your health up and those things start to improve.

But turmeric has that anti-inflammatory process not only in the brain but it has it throughout the body. So I think you should have organic once again because they will spray root vegetables because they get eaten by everything. And it's like ginger or ginseng, try and get organic as much as possible and even your herbs like ashwagandha. Make sure it's organic because a lot of these herbs have been grown in China. And China doesn't have the same clean beliefs as what we may have. And what's interesting is that we've been looking for

some herbs for a product that we want to do and we want Chinese herbs and we want organic. We can't find them. We cannot find them. My husband is in China at the moment asking to see if there's somebody out there that's obscure that's doing it. So he's over there for seven days at a trade show and I just said look for the herb growers and just see if we can find this herb.

But turmeric is all part of it. So it's not a hard thing to put into your life. You can put it into so many avenues of your life. I actually make lattes so I might put some cashews and some – I'll soak my cashews and some turmeric in there. I might put some chai tea in there as well. And then I have a machine called a Thermomix and it heats and grinds. So I just make up a cashew turmeric latte. There's so many ways to put it into our lives and we know that it's one. And I don't want to make it like salt, fat and sugar are the bad things and turmeric is what you should be doing if you're eating McDonald's. That's just crazy. But it's part of all of this process that we get into when we start to change our diet.

*Trudy Scott:* Wonderful. And having fats in it helps with the absorption as well, correct?

*Cyndi O'Meara:* Not only that but black pepper also does. So always put a pinch of black pepper in your latte or and I put it in my date squishers. So black pepper also helps with curcumin absorption. And I want people to be aware that the curcumin that they've done the research on is often not from turmeric. It's often made in a chemical laboratory. And the curcumin that you find in capsules is often not from turmeric. It's often made in a chemical laboratory and it's not in context.

So to take curcumin tablets I think you're missing the point. Let's use it as a food. As you've heard me say over and over and over again stop extracting. I know there are sometimes when extraction is very, very important. If someone is really sick. But for the most part for most of us that can get through life let's start using the food in its whole context form because it's got other nutrients and other components in it that help us use that curcumin.

It's like vitamin C. Ascorbic acid is not vitamin C. Ascorbic acid means stops scurvy. It's a part of vitamin C. It's made from wheat by the way. Ascorbic acid or ascorbic acid is that purchased and is in capsule form is made from wheat. It's made from chemical laboratories that then converts it to glucose. And through fermentation with and without genetically modified organelles it's produced into something called ascorbic acid which is ascorbic, stops scurvy. And it's the first vitamin that was ever extracted and it was

extracted from citrus fruit. But then they realized they could make it, tons and tons of it very cheaply. And people are fooled by this. So I look for a food that's going to be high in it. So there are two foods that are really high in it around the world. One is camu camu from South America and the other one is gubinge from Australia. It's also called kakadu plum. So they're the two foods that we know have the highest amounts of vitamin C.

And there was research done on camu camu out of Cyber University. And what they did was they got 20 cigarette smokers and they divided them into two groups. One was given ascorbic acid, the other one was given camu camu. They took their bloods and urines for inflammatory markers before and after. And they only did it for seven days. There was no change with the people who took ascorbic acid. But the camu camu significantly changed the inflammatory markers to decreasing it unbelievably.

Now that's not to say you can smoke and take camu camu. That's not the points of this. But the point is that vitamin C in context is what works far better for our immune system and our inflammatory markers than ascorbic acid by itself.

*Trudy Scott:*

Wonderful. I'm glad you made that distinction. And I love so many of the other benefits that we see with curcumin and turmeric. They've found that it helps with cognitive function and boosts immunity. It helps with digestion as well as affecting inflammation and anxiety and depression. Circulation is improved. So there's just so many wonderful benefits to eating something like turmeric and all these other wonderful foods that you've talked about.

This has been wonderful Cyndi. It's been such a pleasure talking to you. I'll make sure that we share your information about your wonderful *What's With Wheat* documentary that's coming up. And you've got some digital giveaways that we'll make sure everyone gets hold of. Do you want to just tell us a little bit about it? One of them was an audio version of your book *Changing Lives*.

*Cyndi O'Meara:*

*Changing Habits, Changing Lives*. And I wrote this book back in 1998 and it's remained on the bestseller list in Australia since that time. My publisher is Penguin and they won't give me my book back. So this is the basics. This is what people need to understand in order to move on. So it is the basics.

*Trudy Scott:*

Wonderful.

*Cyndi O'Meara:* And I also have written further on – and in the book you'll learn about foods that affect the mind and the mood. But I've also written another further chapter. I've written 20 further chapters to it that are available via reports. So I'm going to give away the report on depression.

*Trudy Scott:* Wonderful. That's so important because so many people with anxiety also have depression and we've got so many similar underlying factors that can cause anxiety and depression. So that'll be wonderful. Thanks so much for doing that. And we'll make sure to share a link to those with this interview so you can get those and stay connected with Cyndi. You're going to want to learn more about what she's got happening. I've looked at her blog and it's just a wealth of information. You do a great job with writing great articles and sharing great information. And I think you for all the work that you're doing in getting this message out. I think it's so important and it's wonderful to finally connect and interview you on the summit.

*Cyndi O'Meara:* Thank you Trudy. I really appreciate it and it's wonderful what you're doing too. It's great.

*Trudy Scott:* Any final words of wisdom for everyone who's listening?

*Cyndi O'Meara:* I think we've said a lot but if this is anxiety and depression look to the gut. Get that fixed and you might find that your anxiety and depression fade away which is what we want to do. But I think that would be the thing that people are just not thinking about. They're looking at the head.

*Trudy Scott:* Absolutely. And we started off by saying that and we're ending by saying that. So this has been fantastic. Thanks a lot Cyndi. And thank you everyone for joining us on another great interview on *The Anxiety Summit*. This is Trudy Scott signing off.

Speaker Blog: <http://www.everywomanover29.com/blog/fats-turmeric-wheat-anxiety>

**Cyndi O'Meara** nutritionist, founder of Changing Habits



Not your typical nutritionist, Cyndi disagrees with low-fat, low-calorie diets, believes chocolate can be good for you and thinks cheating and eating yummy food is an important part of a well-balanced diet. Cyndi must be doing something right because she maintains a healthy weight and has never (in her whole life!) taken an antibiotic, pain-killer or any other form of medication. Cyndi is a passionate, determined and knowledgeable speaker on health issues and uses her education and experience to help others improve their quality of life so they too can enjoy greater health and longer lives.

Her qualifications include a Bachelor of Science degree majoring in Nutrition from Deakin University in Victoria and the University of Colorado in Boulder, Colorado. Cyndi also undertook postgraduate studies from RMIT Victoria in human anatomy, pathology, physiology and diplomas in diagnosis and management of health issues. Since the success of her two bestselling books 'Changing Habits, Changing Lives' and its accompaniment 'Changing Habits, Changing Lives Cookbook', Cyndi is in high demand both nationally and internationally as a keynote speaker. She conducts speeches bi-monthly on achieving health and lifestyle goals as part of her involvement in the holistic LIPS (Ladies Initiating Prosperity and Success) seminars for women.

**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.