

Anxiety: the SCD diet, carbs, adrenals and leaky gut

- The Specific Carbohydrate Diet /SCD: the history and the basics
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- Stressful times and panic attacks and recovering
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Trudy Scott: Welcome to Season 4 of *The Anxiety Summit*. This is your host Trudy Scott food mood expert, certified nutritionist and author of *The Antianxiety Food Solution*. Today we are talking to Steve Wright and our topic is “Anxiety: the SCD diet, carbs, adrenals and leaky gut.” And in case you don't know what SCD is it's a specific carbohydrate diet. I'm really excited to have you here to talk about this Steve.

Steve Wright: Yeah. Thanks Trudy. I appreciate the opportunity and as the title suggests we are going to go all over the place today. But I hope that we're going to provide the listeners with some really actionable tips and tricks.

Trudy Scott: Good. I'm excited. And I picked some of these topics related to the SCD diet just because I think it's so relevant for people who are dealing with digestive issues and anxiety. And you've got so much

great information to share I just really wanted to pick your brain and get as much as I could.

Steve Wright: Wonderful. Wonderful. Thank you.

Trudy Scott: Let me read your bio and then we will get right into it. Steven Wright is a health engineer and author after overcoming IBS, acne and asthma and other health issues. He started SCDlifestyle.com in 2009 with Jordan Reasoner to help people who want to actually resolve their problems too. Together they've helped 10,000s of people with digestive problems and they also focus on helping other health business owners reach and impact more lives through their Practitioner Liberation Project. And this is really great. I love that you have overcome your own issues and have gone on to firstly help other people with digestive problems and now you are helping other business owners help other people. I just think it's a wonderful sequence of events. Really, really lovely.

Steve Wright: Thank you. Yeah. It's been just an amazing road and that's really my passion is to help people with the things that I've struggled with. And so Jordan and I have a rule in business, which is the time machine rule. So we only write blog posts and work on products and try to educate the world with things that we've kind of struggled with and we wish, after we figured them out, that we could go back in time and tell our younger selves about these ideas so maybe we could speed up our healing or lessen the pain or save some money. And so it's really sort of a selfish and selfless pursuit for me.

Trudy Scott: That's great. It really is great. And I can relate - I suffered from anxiety and panic attacks and it's how I got into doing what I'm doing and it's wonderful looking back thinking what we went through and how we could of got to where we needed to get quicker if we had all the tools. And then offering those tools and resources to other people so they don't have to battle as long as we battled. So it's great. And I see this happening a lot in the world that we are in, a lot of people have had their own issues and come out the other end and then they want to share this information and I think it's really, really great, it really is super. I'd love you to just share a little bit about your story and how you came to become an expert in the specific carbohydrate diet world and tell us what the specific carbohydrate diet is.

Steve Wright: Yeah. Sure. Just as like you shared, back in 2007/2008 I was extremely sick. I was about 60 to 70 pounds heavier than where I am right now. I had daily gas and bloating that was so bad that

even as a man at 23/22 I was tearing up and kind of crying from the pain; and alternating constipation and diarrhea; I had a pizza face acne and I had had some cyclical bouts with depression. And, of course, essentially what I'm sharing with you is when things got to their worst. When I finally decided that I needed to seek help so I went and sought help for allopathic medicine, six different doctors and basically no one would help me. They would run a test or two and you tell me I just needed to eat more whole grains and take more fiber and they could give me an antibiotic if I wanted it. But they essentially told me to my face that “look kid there's sick people that we have to help; you're taking up time.” And so that pissed me off obviously because I had waited a long time, obviously those issues had accumulated over many years and I didn't just wake up that sick, I had been slowly getting sicker for 10/15 years prior to that, I just didn't know it. I wasn't aware of it. And so luckily I had a good friend, Jordan Reasoner, and sadly at the time he was dying from celiac disease and he had been going four years now with daily diarrhea of ten to 15 times a day. Again, allopathic medicine they diagnosed him, at least as celiac disease, they at least helped them a little bit more than they helped me. But then they just put him on a gluten-free diet and when he didn't get better, when the diarrhea didn't stop they started blaming him and telling him that he was doing it wrong. And so he ripped out his countertops, he redid his whole kitchen, there was not a gluten speck in that house and he was still really sick. So luckily he got into contact with an alternative minded DO who took one look at his file, gave him the book *Breaking The Vicious Cycle* by Elaine Gottschall, which is one of the books out there on a specific carbohydrate diet, and told him don't come back and see me until you start this diet. So Jordan takes a long time; he finally decides to start the diet six weeks after the appointment, and then within seven days his diarrhea stops the first time in four years, and this is just miraculous obviously in many ways. And so he calls me tells me about it. I hem and haw because I'm a high paid consultant in Chicago at the time - kind of flying around doing that lifestyle and this diet requires you to make all your food at home. And I was just like I don't have any cooking skills. I've got to go to happy hours. I don't do this kind of life. And so he said okay man I'm going to do it and it's working great for me. Fast forward six months later, I call him because I had to cancel a date and I was stuck on the toilet all night and I was really upset and obviously in a lot of pain. And he just said point blank like “look man, you could probably change this by switching your diet just try this. I swear to God it's probably going to help you.” And so that night in a lot of pain I was like all right I'm going to commit to it. I'm going to do a hundred days of it. And so that's kind of how it all

got started. And then three days into doing the SCD intro diet that we've kind of outlined and we'll talk more about it later, but I had all my gas and cramping went away in three days. All the pain I'd been dealing with for several years went away. Now it doesn't mean I was healed but the immediate pain that made me double over and cry every day stopped right away. And once I saw that I was hooked. I was like okay, you know what, other people have solved this issue; I can fix myself, I just got to find the right people who understand this stuff and then test it and try it on myself. So that's really what I did with Jordan.

And the *Breaking The Vicious Cycle* is a great book but it's really scientific; it's very confusing. I probably read it 20 times and still parts of it are confusing to me. The other books on this specific carbohydrate diet by Dr. Sydney Haas written back in the '50s are also very confusing and scientific. And so once we saw the results of what this diet could do. This was before the Paleo movement was on the Internet; this was before a lot of the Internet was around, this is back in 2009, we decided you know what, we're going to make this easier for people and we're going to help them do this because implementation of information it's probably the hardest thing in the world to do to actually change your habits. And so that's what we worked on. We worked on updating a specific carbohydrate diet to the latest research and actually making it easy to do. And so in general specific carbohydrate diet originated back in the 1920s. It's not something that Elaine Gottschall invented, it kind of comes from Dr. Sidney Haas originally and some of his coworkers. We all kind of made our tweaks to sort of update it throughout the years. And so it was originated on celiac kids who were dying and they didn't have any research back then they would just try different foods and they realized that restricting complex polysaccharides and disaccharides from these diets with these kids allowed them to stop dying, like literally kept them alive because all the celiac kids were dying back then. And then later on they were actually able to reintroduce dairy and gluten. And so these were celiac kids who were able to eat gluten again after doing this diet.

Now, times have changed. I'm not making that claim that that's even possible. I don't know if it's possible. But I know that's what the research papers that were written back in the 1920s said specifically and Dr. Sidney Haas's book says. And so yeah, the specific carbohydrate diet in general was invented without research; it was just kind of trial and error of what worked and what didn't work in the real world. And so there are some things that I don't necessarily agree with that are written in Elaine

Gottschall's book, and I don't own the rights to rewrite this diet, but in general the thought is you're restricting basically 99 percent of all the polysaccharides and disaccharides in your diet; you're cutting out all processed food, all ingredients that are sort of additives, so it's like chemical free additive free and it's all homemade. And now we know from all the different research that's just exploded in the last five years that it works extremely well because obviously it's grain free as well. Some legumes are allowed but we don't encourage those until much later. Some dairy is allowed, but again, I don't encourage that until after 30 days on the sort of regular just meats, fruits and vegetables and herbs and spices and fats. And it shares a template with a lot of different people. And what I would say is that it's an extremely effective, probably still the most effective digestive diet tool. In my opinion it's not a diet that I recommend for your whole life, but I do think it's extremely effective six months to two years tool that has saved thousands, maybe hundreds of thousands, maybe millions of lives at this point. I mean I know we've sold 20,000 plus e-books on this diet; we have hundreds of thousands of email subscribers about this diet and so I know it's helping a lot of people. I'll just stop there Trudy. What did I miss? What else should I explain here?

Trudy Scott:

So I've got some follow on questions. I just wanted to repeat the name of the book *Breaking The Vicious Cycle* by Elaine Gottschall and I actually read her book many, many years ago as well. And you're right it's kind of confusing and I'm glad you've simplified things a little bit. And then I also wanted to just clarify Dr. Sidney Haas, the spelling of his name H-A-A-S. And then I've got a few follow on questions for you Steve. It's wonderful to hear. I love the story. I love the fact that he wasn't getting results and then he got on the diet and then he told you about it. And the fact that you resisted I think is pretty common. A lot of people know there's something wrong that's been going on for a long time and you resist it because life is, as uncomfortable as it is it's easy in making all of those changes can be very difficult. And it's great that when you did change you saw results so quickly. So I've got a question about Jordan. So he obviously had the celiac disease diagnosis, but he also had issues with IBS because the SCD diet helped him. Is that correct?

Steve Wright:

Yeah. So Jordan had a multitude of conditions as well. I mean he was malnourished; he was losing weight; he was wasting away; he was having diarrhea ten to 15 times a day. So you could say that he had IBS on top of celiac disease. You could probably diagnose

him with lots of different things, but they did rule out colitis and Crohn's disease with him.

Trudy Scott:

Okay. Got it. Because we can have digestive issues and they can be multiple causes and it's a matter of getting to the root cause or causes to find out what they are and dealing with it. So that was really encouraging. And your results were just amazing. And I personally have experienced this because of the carbohydrate diet. I have IBS. I have IBS that's caused by SIBO, small intestinal bacterial overgrowth. And the specific carbohydrate diet has been amazing for just getting resolution of symptoms. It really is incredible. In my book *The Antianxiety Food Solution* I talk about four different diets to follow as sort of a template, a starting point. And obviously there's various different combinations of those that might be applicable to each person. But one of them is the specific carbohydrate diet because it is so beneficial. And I've seen amazing results with clients. Now, I had a few other questions that I wanted to ask you. You talked about polysaccharides and disaccharides so can you just explain what those are for folks who may not know?

Steve Wright:

Sure. And I just want to comment on that and say that I got trained in functional medicine with the Kalish Institute and I have worked with over 350 clients one on one for a little while as a health consultant, I don't do that anymore. And I've conversed with tens of thousands of people over the last seven years online regarding their diet. And what I 100 percent believe without a doubt is that with a combination of some basic supplements and dietary intervention you can intervene in the short-term issues of digestive issues. So whether it's gas and bloating and cramping, you can get that down to almost nothing. If it's diarrhea or if it's constipation you can essentially illuminate the pain of those things. You won't fix them but you'll eliminate and begin to boost the conditions to heal the body no matter what it is in your gut. And I truly believe that diet and supplements can do that. And as you mentioned then it's time to go deeper into why this all happened? Is it various infections; is it hormonal imbalances; is it neurotransmitter imbalances? All of those? Is it autoimmune issues, it just goes on and on and on. But diets and supplements alone, there's a specific diet for every single person that I think, along with some basic supplements, can really change everything.

So polysaccharides essentially poly just means many and so especially what we're talking about right now is carbohydrates and we're talking about their molecular structure. So you have monosaccharides, which most people are familiar with them like

glucose. Glucose is a monosaccharide. And then disaccharides essentially means that there's a double sugar essentially in the molecule, it's bonded together two sugars essentially. Poly means there's a whole chain of these sugar molecules essentially. And what's important for people with digestive issues or any chronic health issue, in my opinion, is that if you have but breakdown, so if you have issues in the small intestine with the gut barrier, and it could just be information but it actually could be villus damage or villus atrophy. So villi are like little hairs that are on your cells inside your small intestine and they help grab and increase the surface area of your small intestine to be able to absorb nutrients. But they also give off what are called brush border enzymes. And so these enzymes help split or cleave carbohydrate molecules down into absorbable sizes. So they need to be monosaccharides to be absorbed. And so if you're someone who is struggling with digestive issues and you've noticed that carbohydrates are a little tough, especially those with gas and bloating or diarrhea, a lot of times you might be lacking in basically the ability to actually absorb your food, like actually digest and absorb your food. And so it's not that polysaccharides are bad or disaccharides are bad in my opinion, it's just that the question is do you have the requisite physical ability to break these molecules down and actually eat them. Because it's not necessarily good enough to eat the most perfect anti-inflammatory real food diet of like wild caught fish and grass fed this and organic this and a special golden this. The real question is what actually gets broken down and absorbed in your body. Like even if it's perfectly sourced and 100 percent backed by all the experts out there, can your body still actually do the job of absorbing it? And in the case of damage in the small intestine or infection in the small intestine, like you mention small intestinal bacterial overgrowth or a yeast or fungal overgrowth, the answer is typically no. And so that's where the sort of restricting, essentially the point is just to help the body absorb things for a little while until you can rebuild the ability to digest those types of carbohydrates.

Trudy Scott: So can you give us some examples of polysaccharides that we would want to be avoiding on the specific carbohydrate diet?

Steve Wright: So polysaccharides are typically a lot of your grains or your pseudo-grains as well as your fibers. That's why all that stuff is restricted on the specific carbohydrate diet. And if you go to our website we have everything about the diet and it tells you exactly what's in or out there. What I think is important is meats, fruits, vegetables. Start there. If you start there, along with good fats and some spices and herbs, you should be fine. And the other big thing

is to cook them because cooking begins to break down the cell walls and allow everything to be more absorbable. And so for people who are really struggling right now, if you want to have a dramatic shift in how you feel this week, eat just meats, fruits and vegetables, everything cooked, along with a lot of healthy fat, for seven days and include a bunch of digestive enzymes in there to help you absorb that like two to four per meal and it's amazing what that simple of an idea can do for the people.

Trudy Scott: So we'd be removing all grains and we'd be removing starchy vegetables and we'd be removing legumes and just eating fruits, non-starchy vegetables, protein and good fats, correct?

Steve Wright: Exactly. Yep. I'm glad you brought in the starches. I totally forgot for a second there.

Trudy Scott: Okay. Now a lot of people are familiar with the GAPS diet, gut and psychology syndrome diet. Can you tell us what are the similarities and differences? Like anything there's different variations that might work for different people or are there very specific things that we need to be aware of?

Steve Wright: Well yeah. Everything has gotten very convoluted. Everybody has their "diet" that they champion these days and it makes me nauseous to think about to be honest with you. I try to advocate there's no one-size-fits-all there's just personally figuring out what diet works for you. And so Dr. Natasha Campbell-McBride is the creator of the GAPS diet and I don't know her personally and I don't understand what happened here, but I'm going to go ahead and suggest that she's a really good person and she was kind of in her own little world over in Europe and she just came up with this protocol that helped her son who had autism. And the fascinating thing is that the GAPS diet is based on the specific carbohydrate diet and she says that in her book, but she doesn't really give any credit where I think credit is due. So I do think it's right to call her out for that.

So GAPS came along after SCD and what Dr. Natasha Campbell-McBride did was she called out a few things that SCD didn't know about or no one was keeping up with, which I think are very valid. Number one: the elimination of vegetable oils and other just crap oils out there that you don't want to be ingesting. So those would be things like soybean oils, vegetable oils, essentially all the high omega-6 polyunsaturated oils out there that are just basically inventions of humans in the last 30 or 40 years. So she also removed dairy from the protocol and so I think that's really

beneficial for the first 30 days and then I like people to try that. So I'm all about removing those junk oils, those inflammatory oils, eating only things that actually create oil. So like olives actually create oil. Rapeseed is a plant, and in order to get the oil out of it you have to put it into these massive industrial presses and squeeze it until it becomes nothing and then a little droplet of oil comes out. And if you do that enough you get enough of it. That's not true oil. It doesn't exist in the real world. And so I like the idea of pulling dairy out for a little while, but then I think it's very important to add it back in. There's nothing inherently wrong with well sourced dairy in my book as long as you can actually absorb and digest it.

The other thing that GAPS does that SCD doesn't is they place a high value on juicing. And so the first like 30 to 90 days on GAPS is very intensive. It's much more intensive the way it's laid out in her book than it is the way that we lay out the current way to do SCD most effectively in that you're going to be juicing vegetables and some fruits all day long and you're going to be consuming a lot of meat and bone broths on the GAPS diet. And again, SCD doesn't necessarily say no meat and bone broth, but it also doesn't say you don't have to consume X amount of cups per day and GAPS does make some recommendations there. And so I think when it comes to juicing that juicing is typically very expensive and it's just another added part of these diets. And so unless you're someone who's tried everything under the sun, I really recommend skipping the juicing part. I don't see a whole lot of benefit there, or unless you have a ton of disposable income and you can just pay people to get really high quality vegetable juices and don't drink a bunch of fruit juice. So if you fall into one of those camps go for the juicing method, that's great. I don't think it actually hurts as long as it's vegetable juice and it's high-quality, but I do think it hurts a lot of people who are trying to get started on these diets, and let's be honest here, if you make a switch to one of these diets you're going to go from having to shop differently; you have to cook differently; you have to learn how to make meals differently, and so not only that but if you add on top of that things like making your own homemade yogurt, which is encouraged on the specific carbohydrate diet, or making your own sauerkraut, which is encouraged on the GAPS diet, and I think either can be great additions, then you have to make your own bone broth. Then you have to juice every day. Like at some point that human brain is not really designed to be able to undertake all these changes at once. And so I like to dovetail psychology in here and try to get the most benefit with the least amount of work. And so I don't think there's a whole lot wrong with GAPS, I just think it's way more complex

than what it needs to be for 99 percent of people. Does that make sense?

Trudy Scott:

Yeah it does. And thanks for that clarification. And different people are at different stages so maybe once you've done a program like you offer and you're feeling like you're making some headway and you've managed to make the changes, maybe then you could think about starting to learn how to make sauerkraut or learn how to do bone broth and some of these other things that can maybe take it to the next level. But I think that it's a good point that you make that if something's too complex, especially if this is feeling overwhelming to you, and it often is if you've got anxiety and mood problems, this just might feel too overwhelming and rather just take baby steps and make the changes that Steve's recommending, simple changes just getting off the grains and the starchy vegetables and adding in that protein and good fats and fruits and nuts and non-starchy vegetables, and you can start to see some improvements right away. So I like that approach. And we're all at different levels. We talk about more advanced topics in the summit and in my blog and in my book and you've just got to start where you can start. I think that's an important clarification that you've made there.

Steve Wright:

And I think you just hit on something really important Trudy that I just want to comment on real quick, which is that like you're right, if you already have anxiety about life and then you decide to make this holistic change, you're really dedicated to changing your health, my heart goes out to you because I have had some anxiety attacks and generalized anxiety has been a part of my life and so we'll talk about that probably here in a little bit. From my experience you will actually hurt your gains if the diet you choose or the supplement protocol you choose triples your anxiety. If it becomes like a super anxious thing where if you miss a certain label or if you miss a supplement dosage and that like ruins your whole day then I think that hurts your ability to heal in a lot of ways. And so I do have a lot of compassion for people who are struggling, who cheat, who fall off the wagon. I did that all the time. I've written about it extensively.

And so a couple things to note here is that number one, other than like those junky oils we talked about and grains in general, I think everything we're talking about here is not necessarily a bad food. So starch is not bad; dairy is not bad; nuts are not bad; legumes or eggs are not bad, and yet every single person on this planet can get sick enough to react, to have an immune reaction to any of those food groups and not be able to eat them. And so I think what we're

really talking about here is like how can we do the least amount of effort, relax into the process of you're just trying to figure out what diet works best for you in your current state of health knowing full well that that's going to change over time as you heal and get easier and as you learn the skills of shopping and food and cooking everything is going to be easier. And so if you can adopt the mindset of hey, you know what, this is just an exploration of food. I'm just going to throw out all my beliefs for six months and I'm going to try buying that weird fruit at the grocery store; I'm going to buy a new pan; I'm going to burn some things and just try to make it an exploration, like try to mess it up. If you can do that, if you can get some sort of mindset shift there where it becomes a fun little game, what I would do is I would have a spice of the week and I would put that spice on everything. I don't care what they say in cookbooks or chef schools, I've never been to chef school actually. I would like love to go maybe sometime. But I would just take like oregano and I would put oregano on everything. I'd put it on my vegetables; I'd put it on my fish; I'd put it on the beef; I'd put it on the chicken I cooked just to see what it tasted like. Like somebody says you should never put rosemary on your whatever you're cooking. Well how do they know? Why don't you make up the choice for yourself? And so yeah, sometimes I would make something and put some spices one it and be like wow that's not really all that tasty but you know what, I figured that out for myself now and along the way I became a very good intuitive chef where I can't compete with the chefs of the world, but I tell you what, other than dinners that cost more than \$40 a plate, I can pretty much cook that good of a meal at home just knowing a few things about buying some high quality meats and fruits and vegetables and just knowing a little bit about spices that I've just trialed along the way. So I hope what I'm trying to do is I'm just trying to impress some compassion here, some slowness and some okayness if you mess up. It's not the end of the world if you just always get back up. So you always get back up you'll figure it out.

Trudy Scott:

Excellent. And I love the exploration and the trial and error and it's exciting. It's exciting to try something new. Go to the farmers market or pick up some new spices and try them out. It's fun. It really is. I'm glad you mentioned all of it. Thank you.

Now I've got one follow one question about the GAPS diet and something that I see in a lot of forums and a lot of people that are on the Paleo diet for that matter, and that is cooking with a nut flour. A lot of people want to still bake and they still want to make cookies and they're using nut flours. And I've got some concerns

about nut flours the fact that firstly it's a lot of nuts that go into making flour. And I'd just like to hear your opinion the baking with nut flour. Do you have any concerns or any cautions?

Steve Wright:

Yeah. I do. I do. If you're still having digestive complaints and you're eating Paleo, if you're eating GAPS or SCD or whatever, I don't care what you're eating, if you're eating some sort of grain free real food diet and you're still having digestive complaints, cut out the nuts for seven to ten days and see how you feel. Because as you said Trudy, it's easy to want to eat like you used to eat and nuts are the fastest way to re-create the diet you grew up on from a more higher quality sourced ingredient. And I'm not saying I want to take away all your favorite recipes you grew up on, but just be very clear in your head are you trying to get healthy or are you trying to get pleasure from your food? And I'm not making either wrong, but if you're doing a diet and you're complaining about gut pain and you're saying health is your number one value and you're eating nuts every single meal, you're having a cookie here or some bread there or you're baking it into dishes, you're probably not going to feel as good as what you could. And I think the reason why is that nuts are actually really hard to digest. Like think about a nut in your hand and like smash it with a hammer, it's still like lots of pieces of nuts. I don't care if you run it through a blender and you break it down, it's just a microscopic size of what used to be in your hand, you're going to have a hard time actually breaking that down and digesting that. And so when it comes to like feeding your gut the most digestible food, nuts are not at the top of the list. It doesn't make them a bad food, and I'm not saying don't have fun and make cookies and things like that, but let's just be very clear that in general nuts are very hard to digest and if you're eating them with every meal in my opinion you're probably not going to have the most amount of energy and the best digestion that you could.

Trudy Scott:

Okay. Great. And I'd like to add a nut should obviously be soaked for enhancing digestibility. And the concern that I have is nuts are high in copper and a lot of people with anxiety have low zinc and high copper so there's a concern there that consuming large amounts might be problematic. And I think a big problem with a lot of people going on this diet is that missing that texture of a grain, like a bread or a cookie - you miss that texture. It's hard to replace it so a lot of people are using the nut flours and I'd like to see more use of maybe coconut flour than the nut flours.

And then if you are craving, if you do have those cravings, which go hand-in-hand with the anxiety and the depression often due to

low serotonin or low GABA then using the amino acids like tryptophan or GABA can help break that addiction, can help reduce that need for something, that sort of emotional eating component that we often see when we take away some of these grains. So those are just my little comments on that.

I wanted to go into the fact that you mentioned that you had experienced anxiety and actually had some panic attacks and I wanted to bring this up because we hear about someone changing their life like you did and finding great results and then we have a little bit of a setback. And I want to bring it up because a lot of people think well once I make these changes and I'm on this path everything is going to be hunky-dory and everything is going to be great, but things change. Life happens. We get into stressful situations. We may not take care of ourselves as much as we think we should and we may be lacking sleep or whatever the situation is and we need to sort of recalibrate and readjust and figure out what's going on. So, you were doing really well for a number of years and then you went through some stressful times and then you started to have this anxiety and you had some panic attacks, tell us a little bit about what happened there. And I know when these sort of things happen to me I consider it a learning experience and a gift because I learn and then I get to share it and I know you're very big on sharing what you went through. So tell us a little bit more about this time.

Steve Wright:

Yeah. Sure. So I had my first panic attack back in 2009 in Chicago and I'd never had one before. I was walking in the high-rises in downtown Chicago and I had never felt anything like that before. I ended up sitting on a bench for like 30 minutes and just wondering what the heck was going on. It was really scary. And then through all those changes, through a lot of work functional medicine and a lot of different things I became extremely healthy and I had never felt better. I really was extremely healthy and I still consider myself very healthy. But in 2014 we were trying to help 10,000 people solve their leaky gut and doing that through building a business. And so we were doing a product launch and it was just extremely stressful for months. And essentially what happened is I started getting anxiety again and then I started to have a few panic attacks again during the launch of that course and the weeks leading up to it, and this was probably May 2014. And I think a lot of things contributed to that. Stress contributed to that. As my life got busy or I stopped doing healthy habits like eating a real food diet, I started eating more nuts. I started eating more Epic bars and processed food and I didn't have a very good diversity. I started drinking more caffeine. I started to get back on

the stimulants. I stopped exercising because in my mind it doesn't have time for it. I stopped getting outside and I was just working around the clock and trying my hardest to make a big impact in the world and that all kind of accumulated into beginning to have those panic attacks. When that happened it was really scary to me because kind of like what you were saying Trudy in some ways I kind of thought I had become invincible. I don't think I actually thought that but once you get your health back I guess I never really thought about it leaving again. And so that was a really big wake up call because I kind of view that as my body trying to tell me something. So I view health symptoms as your body trying to communicate to you, because it can't use words; it's not the way it communicates. But it can communicate through your digestion not working or having a panic attack or having a breakout on your skin or getting high blood sugar and becoming diabetic or gaining a bunch of weight. Those are all signs from your body. I think the body in general always has our backs. It will always optimize itself to whatever you put it in. Whatever way that you feed it, mentally, emotionally, physically, it will try to do its best. So I think, for instance, diabetes is just a reaction to the circumstances and the inputs that are given to the body and it's trying to save your life. And so I really believe that my body was trying to save my life and just the amount of input I gave it basically the only thing that it could do is do a panic attack. And that was a really good wake up call for me to make some massive choices and changes. And so I hired a local sort of take out chef to make me Paleo, autoimmune and the Wahls diet meals so that I would have more diversity in my diet. I hired a trainer so that I would force myself to go to the gym every day. I started to make appointments again with some of my mentors and practitioners who I had worked with a long time ago like Dr. Kalish and things like that to get some more support, adrenals and neurotransmitter wise. So I just used that as a wake up call to go oh right I have not been doing the things that made me healthy and my body is going to try to keep this all together but I've got to make some changes here.

Trudy Scott:

I really love that you talk about this and share this just because when it comes to anxiety and depression and mental health there's such a stigma around it and a lot of people don't even want to talk about it and they push through and they sort of deal with it and they don't to talk about it. And I think it's very commendable that you do talk about it and do share and it just makes us real. These things happen. We can get well and we can get sick again and the fact that you're saying that this was a sign from our body, this is what it is it's telling us that we need to do something so really appreciate you sharing that. And I think it will just give people

listening hope that it's not all perfect and sometimes we have these bumps and we just got to readjust and make changes again. You found a solution you were busy with your business and you hired someone to help you make the meals, which was the place that you were at at that time, which I think is fantastic.

I'm sure that part of all of this was adrenal health with the hours that you were working and the food that you were eating and what you were doing. And adrenal health is so important when it comes to anxiety and how we cope with stress. And earlier on in the interview you mentioned that you don't feel that the SCD diet is something that you would want to stay on for longer than six months to two years, is there an issue with restricting carbs too much when it comes to adrenal health?

Steve Wright:

Yeah. I think there really is. I think that this all can get really confusing so I'm going to try to break this down. Because you mentioned earlier that you need to be very clear where you are in your path of getting healthy. So based on where you are in getting healthy kind of dictates, in my opinion, what you should be testing diet wise and potentially what kind of carbohydrates you can be eating. So, my point of view is that if you can't digest the carbohydrates it doesn't really matter how many you eat, you'll mostly just been in pain from gas, cramping and bloating or constipation/diarrhea. So as soon as you get your symptoms stabilized by cutting down carbohydrates or as soon as you get your insulin stabilized by cutting down your carbohydrates, make sure you're eating a lot of vegetables for the fiber content, but then you want to quickly try to figure out why it is you can't tolerate them. So is it an infection and remove that stuff and then begin to add them back in. So there's nothing wrong with starch. In fact I think it's a very important anti-inflammatory, very healthy food group, but not everybody can handle it.

And so I think just as soon as you figure out how to feel better by eliminating food groups like a month or two later you need to try to add those food groups back in because staying on a very restricted diet for a long time is just not a really wise choice for your long-term health because you'll be exposing yourself to the same toxins over and over again as well as the same nutrients. And so having a broader range of food groups decreases the specific toxin load as well as increases your total nutrient load from the micronutrients across the board. And so carbohydrates fall into that category. And so a lot of people feel really well when they go low or no carbohydrate on something like the specific carbohydrate diet, or at least starch, at least they go starch free.

But you can fall into this trap where you become sort of like super low ketogenic carbohydrate, and I think in time, especially in women, that this can be problematic. And I think that a lot of people after they're able to actually absorb these carbohydrates do much better on somewhere between like 50 to 150 grams of carbs a day. And, of course, I'm not saying that there's anything wrong with 400 or 600 grams of carbs a day. If your insulin levels stay in line, your energy levels are good, I make no specific claims about what level is right for a specific person. I think the thing to do is test. And so I get really scared when I talk to somebody and they're telling me that they're having health issues and they been doing a certain protocol or a certain diet for six months or longer. So, it could be a friend on the street or someone I meet in the workshop or just getting coffee and they're like oh yeah I've been Paleo for six months now but I still got really dry skin and my energy level is still low and maybe I'm still having some anxiety. Well, that to me means that you made some good choices but they're not good enough yet for you to resolve that and so you need to always be changing it up.

And so in general I think there's a way that you can eat real food and under eat calories. So I think it's sucks but for five days count your calories. Weigh and measure your food. This will be a lesson that serves you and your children and your children's children for the rest of your life. Because you might think you're eating 2000 calories a day, but a lot of people are only eating like 1200 calories a day when they switch to a real food diet. You do that for a couple months you are going to tank your adrenals; you are going to slow down your metabolism; you are going to burn through nutrients in your body. And so spending three or five days kind of figuring out how much protein is in a chicken breast or how many carbohydrates are in a potato or serving of potatoes the size of your fist? Knowing that kind of real food data is really important to your life and your lifestyle. And so I think that under eating carbs too long can definitely contribute, especially in women, it's even more susceptible to adrenal issues with those, I think in general it lowers the amount of fermentable fiber that's in the diet and so I'm not a huge fan of it unless you're supplementing with a lot of fiber. And also just eating enough calories, women let's say you have low energy, you're having some anxiety, and I don't care if you're a five foot tall woman who says my basal metabolism rate is only 1200 calories. Great. Eat 2000 calories a day for five days. You would be surprised, a lot times people will not gain weight, instead they'll just feel really, really good after day three. The first three days are a little tough because your stomach is not used to eating all the extra food and you could feel

full all day long, but that will fade and by day five/six/seven people usually respond and feel very good.

Trudy Scott:

Excellent. Thanks. And I'm glad you brought this up about the fact that you can under eat and a lot of people don't think about that and that is not healthy. And it's quite funny that you said count calories because often we're saying don't count calories, but this is an instance where you would want to so you can make sure that you are consuming enough.

So related to the specific carbohydrate diet and problems with gut health is this leaky gut issue, and it's a big part of what you do. You have this leaky gut program, so tell us a little bit about what leaky gut is and some of the nutrients and what you do with people who go through your Leaky Gut Program.

Steve Wright:

Yeah. We're definitely not going to have time to go deep, a lot of times I can talk about leaky gut for two hours, and a lot of these topics I feel like we could've had a four hour conversation here Trudy. So I'm feeling a little sad right now realizing that we're closing in on our time here together. Leaky gut is a condition in which the digestive tract, the walls inside of your small intestine and large intestine begin to separate and instead of nutrients going through the cells they go between the cells and they end up in the bloodstream because right behind your gut barrier is the bloodstream. So it's not just nutrients though, it's also toxins and bacteria and bacteria cell walls called LPS's or lipopolysaccharides, lots of stuff can end up in your bloodstream right behind your gut wall when you have a leaky gut. And the gut is designed to actually be leaky but then close up. And so what we're really talking about here is chronic leaky gut. There's a way in which when you're sick your gut can become more permeable so that's actually what we're talking about. The medical term is intestinal permeability. That's just really hard to say and really hard to remember so that's why I say leaky gut. But your body, for several healthy reasons, will create intestinal permeability, but that will go away within a few hours after whatever happened happened. What we're talking about here is like gluten exposure or gliadin exposure, both of those can create leaky gut in almost every single human; different types of infections; exposure to antibiotics; exposure to toxins; exposure to other types of foods can all cause the gut to begin coming leaky in and of itself and become chronically leaky. And then what happens is 80 percent of the cells, so let's say you only had a hundred immune cells in your entire body, if you only had a hundred of them, believe it or not 80 of those hundred cells would be hanging out right in your

abdomen. They'd be all hanging out right there. You might have five in your heart, five in your brain, five in each big toe. That would be how they would be spread out in your body. So your immune system is concentrated in your gut. It's remarkable to think of that, but the reason why is in case these different molecules of the wrong size or the wrong type get into your gut then they gum in and they just kind of like start to attack it and it creates a war. And so if your gut is chronically leaky, like it is for essentially anyone with an autoimmune condition, because that's per Dr. Fasano's theory, that's essentially the way in which you become autoimmune, you're going to have a war raging in your bloodstream, in your body, in your gut for all day all night. And so that consumes a lot of resources; it creates a lot of inflammatory cytokines; it also regulates some other pathways, which can be circulated, end up in the brain and end up causing anxiety and depression. And so I do believe that there is a subset of people who have anxiety who have either leaky gut as one of their main causes or at least it's contributing to it. And so digestive health is really important for anxiety in my opinion. And the way to overcome leaky gut is to begin to cut out the different causes of it. And so we'll put a link hopefully with Trudy to a webinar I did where we go through like the 19 triggers of a leaky gut that we've identified. We hired a research team to comb through the 10,000 papers on intestinal permeability. So this isn't some alternative idea. There's 10,000 research papers that reference leaky gut at this point. So this is really well known science, it's just complex and so a lot of people don't talk about it. So anyways, remove the triggers; there's some specific supplements; and eat a really simple diet. The diets we've been talking about so far are the same diets that we use with people inside of our courses and we try to teach people to do. So meats, fruits and vegetables, cook it in the beginning, slowly add back in your starches and your nuts and your dairy and your eggs things like that. And then there's several nutrients that you can use as well to help speed up the thing, but you got to get to those root causes, which a lot of times can be gut infections.

Trudy Scott:

Wonderful. And then you mentioned this leaky gut can be because of an infection and we know that IBS can be triggered by an infection, which could then lead to the need to incorporate the specific carbohydrate diet. So all of this is very closely tied and different people can have different issues going on depending on what their root cause is. But I'm glad you're talking about getting to that root cause, but in the meantime healing the gut and changing the diet so it gives the gut a chance to heal and recuperate.

Steve Wright: Yeah. That's really the plan with all of these things. I think the gut is tied into all the conditions that we're talking about here, especially in the brain. And so I think all this stuff is intertwined and it's very important to work on it all simultaneously.

Trudy Scott: Excellent. And thank you. I'd love to share that document or webinar that you mentioned the 19 triggers of the leaky gut. We'll make sure that that's included on the blog with this interview. And you have a gift, which goes more into the specific carbohydrate diet. It's a One Week Quick Start Guide and we'll make sure we include that. And I wanted to quickly mention the Practitioner Liberation Project. I know we need to end now but I just wanted to mention that and we'll make sure that we've got that as a resource for practitioners who are listening to this because I know there are a lot of you listening in on the Anxiety Summit and if you want to learn more about getting your message out to more people so you can help people with the work that you do, the work that Steve and Jordan are doing on the Practitioner Liberation Project is just fantastic. So any comments you want to add around this Quick Start Guide or the Practitioner Liberation Project before we end?

Steve Wright: No, other than I hope people take advantage of the free resources. They work and the Practitioner Liberation Project was born out of the idea that there's so many practitioners who spent so many years working on their health skills but they haven't spent of the same equal amount of time in marketing and business and that's really what's needed to help reach us patients in the world and convince us that you're actually capable of healing us. And so that's why that was born.

I would just say my heart goes out to you. If you're struggling with anxiety know that it's a hundred percent possible for you to get rid of this and conquer this in your life. And the number one way to overcome this is never stop trying, just don't ever give up. And if you go two months without seeing a change in your health one way or the other, change up whatever you're doing. See a different doctor; try a different protocol; add in a new variable. It does not have to take years to stop these issues, but it does take a lot of courage and a lot of effort trying new things to figure out what your individual needs are.

Trudy Scott: Beautiful. What a fantastic ending. I usually ask my guests what are your final words of wisdom and you just said them all so that was perfect. Thanks very much Steve.

Steve Wright: Wonderful.

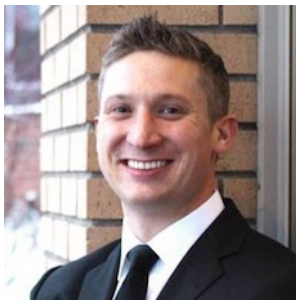
Trudy Scott: This has been fantastic.

Steve Wright: Thank you Trudy.

Trudy Scott: It's been really great. We covered a lot of different topics, but I think it was great and we'll make sure that we share all these resources so everyone listening gets access to the great information that you have to share. Thanks again Steve and thanks everyone for joining us on another excellent interview on the Anxiety Summit talking about the specific carbohydrate diet, adrenal health and carbohydrates and leaky gut, a whole bunch of information that can hopefully help you on your journey to feeling calm. And I love that Steve says keep looking for answers. I think it's a really important message. Thanks everyone. Join us on another interview on future Anxiety Summit interviews.

Speaker Blog: <http://www.everywomanover29.com/blog/anxiety-scd-diet-carbs-adrenals-leaky-gut/>

Steven Wright, creator of SCDlifestyle



Steven Wright is a health engineer and author. After overcoming IBS, Acne and Asthma and other health issues he started SCDlifestyle.com in 2009 with Jordan Reasoner to help people who want to actually resolve their problems too. Together they've helped 10,000s of people with digestive problems. They also focus on helping other health business owners reach and impact more lives through the Pracitionerliberationproject.com.

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.