

Is Coffee Your Hidden Anxiety Trigger and How to Substitute It with Delicious and Healing Drinks

- Caffeine, anxiety and panic attacks and our genetics
- How coffee impacts blood sugar and increases sugar cravings
- Coffee: the gut, adrenals, sex hormones and the thyroid
- Is decaf ok?
- How to use chicory, dandelion, carob and reishi as great alternatives
- Rooibos and tulsi/holy basil as anti-stress herbal teas



Trudy Scott:

Welcome to *The Anxiety Summit Season Four*. I am your host, Trudy Scott, food mood expert, certified nutritionist, and author of *The Antianxiety Food Solution*. And today our topic is going to be presented by Magdalena Wszelaki. You may remember her from the last season. Great practitioner who talks about hormone balance. And the topic is “Is coffee your hidden anxiety trigger and how to substitute it with delicious and healing drinks.” Welcome Magdalena.

Magdalena Wszelaki: Hi Trudy. It’s so great to be back. Thank you.

Trudy Scott:

It’s really great to have you and you were such a popular speaker on the last summit. I just thought I have to have you back and it

was quite funny when I said to you hey, let's talk about coffee. You had some interesting feedback. What did you say?

Magdalena Wszelaki: I said this is going to be the least popular talk.

Trudy Scott: And people who throw virtual tomatoes. But I wanted to do it because there are subsets of people that are very affected by coffee. And you need to realize it. If you're trying all these other things and you're still drinking coffee and you're still anxious you need to know about it. And you've got some great information that we're going to talk about. I'll share some of the coffee research. You're going to share all of these other impacts that caffeine can have on blood sugar and the adrenals and sex hormones and thyroid. It's something that we really need to be aware of. So let me go ahead and read your bio and then we'll get started with the topic. But firstly I just want to say welcome to Iceland because I believe you just moved to Iceland.

Magdalena Wszelaki: Yes. I'm still jetlagged. Yeah, five days ago. So it's been a lifestyle decision to experience something different for a change.

Trudy Scott: Well it's very exciting to be speaking to you all the way in Iceland and thanks for making the time when you've just moved in. So let me just read your bio. Magdalena Wszelaki is the founder of Hormones Balance, a nutrition coaching practice dedicated to helping women to rebalance their hormones with nutrition. Magdalena is a certified nutrition coach, speaker, educator and soon to be published cookbook author with a long history of hormonal changes. Her health crisis was a direct result from a highly stressful life in advertising starting with Graves and Hashimoto's disease, both autoimmune conditions causing thyroid failure, to adrenal fatigue and estrogen dominance. Today she is in full remission, lives a symptom free awesome life and teaches women how to accomplish the same in her online programs and education. And I know your online program has been so wonderful for my community. I've shared it a number of times. So just share a little bit about that and then I want to talk about your cookbook quickly.

Magdalena Wszelaki: Okay. Well it's called *Cooking for Balance* and basically I teach women over a period of four weeks in a program how to rebalance your hormones with nutrition specifically. There is a free workshop so if you – are you going to be attaching links to notes?

Trudy Scott: Sure.

Magdalena Wszelaki: Then let's do that. And that's where everybody starts off with a free workshop so you can kind of gauge from there whether the long-term program is for you. But the workshop itself is hugely educational so there's a lot of stuff you're going to walk away from it in any case.

Trudy Scott: Right. And now you've got a cookbook coming out. I'm really, really excited about that because your recipes are just wonderful and your pictures of the food that you prepare is just beautiful. I just can't wait for your cookbook so congratulations on that.

Magdalena Wszelaki: Yeah, thank you. I'm super excited and I've got ten months to write the book so I'm just at the beginning stages. And it's going to be awesome. I'm really excited about it. And it's great to get a publisher deal as well and be working with an amazing team who has done some really big books before. So super cool.

Trudy Scott: Well you deserve it and I'm excited and I know my community is going to be excited too because it's good stuff. We really need to be aware we can make such an impact with the foods that we eat. So we're going to talk about caffeine and coffee in particular. And the reason we want to do this is because there are a subset of people with anxiety, certainly those with panic disorder and social anxiety that are more prone to the effects of caffeine. And we just know if we go to Medline and look up caffeine and it'll say increased heart rate, restlessness, anxiety, depression even, tremors, difficulty sleeping. So we know that some people are affected by caffeine. I just wanted to share one study that is one of the favorite ones that I like to quote. It was actually a group with generalized anxiety disorder. It was published in 1989. They had generalized anxiety disorder and panic disorder. They had been on medication and they'd been on therapy and they drank one-and-a-half to three-and-a-half cups of coffee a day. None of them had benefitted from either the therapy or the medication. When they stopped the coffee within a week the anxiety disappeared. So it can be very profound if you are prone to these effects. And you're going to share how not everyone is affected by caffeine. So why don't we just start with that and also the fact that we see all this research saying that coffee is has antioxidants and polyphenols and it's got so many benefits. So let's just start there before we go into some of these other factors.

Magdalena Wszelaki: Yes, no doubt there is so much research that shows the significant benefits of drinking coffee. And I think most people don't need to be convinced any further on that because we don't need to really convert people to more coffee if they are already drinkers. They

feel the effects of it. And there's definitely a pick me up fact of sharpness and mental clarity and enthusiasm and you get a dopamine hit. You go to the bathroom with much more ease. All of that good stuff. We all know it, we all feel it.

But I want to talk about the subset of people who are affected and sometimes without even realizing that it is a problem. And the reason why I got into this topic is because again it's a personal story of mine. I didn't have an anxiety problem but I had a lot of anger issues. And specifically – I don't know if I ever told you this but there was specifically anger directed towards my partner. And it wasn't just anger, it was like a combination of being really mean. I would have never done it to you. I would have never done it to a friend let alone my community. But I would have these moments when I was drinking coffee where I had the desire just to be mean to him and hurt him. And I know it sounds – it was sick. I was very aware of it yet there was so little I could do about it.

And that's when you know there is some chemical, there's chemistry going on in your head, right. And I don't know what neurotransmitter that was impacting me and I don't need to find out because all I needed to do was get off coffee and that really helped.

So I think to really know how coffee impacts somebody and we're going to be talking about the different things that coffee can do to a person. But I think the best thing to really find out how much better you feel is to get off caffeine all together. So it's not just coffee. It's caffeine all together for a period of at least four days and really see how you feel. For most people especially if you're drinking a lot of coffee the four days is going to be – you might feel like you're getting a stroke because it is such a highly addictive substance that, I mean, people can go on for a couple of weeks, even months with caffeine withdrawal syndromes. And I certainly have gone through that before. So I can attest to that. But there is another element – knowing how you you feel is one thing. The other thing is that I think I'm always fascinated by new research coming out and new stuff that's coming out.

And more and more people are embarking on the whole DNA testing and just to understand what are we made of. And so there's an interesting thing that came out that there is a specific SNP that is responsible for coffee metabolism. And that SNP shows us that some people are slow, medium and fast coffee metabolizers. The fast coffee metabolizers that's the person who can have coffee at

10:00 p.m. and go to sleep right after that and actually has a calming effect on him or her. But this is also the person who gets up in the morning, has a coffee as a pick me up. It's a very different way that for example somebody was a slow metabolizer who would have a coffee or any form of caffeine let's say at noon and then they can't sleep until 2:00 in the morning.

And so whether you're working with any provider to help you interpret that. I mean 23andMe is I guess one of the classic ones in the United States. Everybody can get that done for 200 bucks or something. And work with somebody to help you identify that. I've got the SNP written down here Trudy. We can share that. It's called RS762551, RS762551. That's the SNP to look for. So that's that. And can you really change it? Not really. I mean if you're a slow metabolizer there's just nothing much you can do about it.

I have found however that when you change your microbiome, like when you introduce really good probiotics in your diet as well as for me what made a huge difference was adding spore based probiotics into my protocol. I could see that my tolerance for caffeine has increased as well. I wasn't getting those crazy mood swings and that meanness moments. But they were still there and so I made a conscious effort to completely get off caffeine and learn to enjoy life without it. Because one of the things I think Trudy that was big for me was realizing the fact that if you get off something and you're having this withdrawal syndromes, right, of having headaches and a bad mood and sleeping badly and your body smells different. Like my body smells differently when I drink coffee. Like I actually need to use a deodorant when I drink coffee. And I don't need to use a deodorant. Absolutely. I don't even use a deodorant anymore since I stopped drinking coffee. So anything that gives you these kind of withdrawal syndromes like whether it's heroin, whether it's alcohol, whether it's sex addiction. It's just a form of an addiction and I felt that I would really want to live without something like that, without being addicted to anything and be free. Not being controlled by a substance. So that as part of that.

I think the difficulty of our conversation today Trudy and that's where I'm still hoping that at least half of the audience is still listening to this talk is the typical thing you hear from women is that I have given up so much already, right. I've gone off gluten because Trudy asked me to. I'm doing all the amino acids. I'm not doing dairy. I've given up my club soda and all of this stuff

right. I don't do sugar for breakfast anymore. And I'm still not well, right.

But you've asked me to make all these changes and oh my god, this is yet another thing you're asking me to drop is coffee. And I know a lot of people have a problem with that. Well the question is, you know, it's like anything that's very addictive. Same thing remember like when you were first told that maybe gluten could be a problem, maybe dairy is a problem, maybe sugar is a problem and you gave it up. And how much better is your life now, right. And so with coffee it's the same thing. The more addictive the substance is the more difficult it is to give it up. But the higher the rewards can be from afterwards.

Trudy Scott: I'm really glad you said that because I found the same thing. It's something that people hold on to the most. It's the last thing that people want to give up and there's this emotional connection to it. This is my reward. This is the one thing that I've got left. But so many people will hold onto it like that and then when they do give it up they say oh, I can't believe how easy it is and it wasn't as bad as I thought it was going to be. So just keep that in mind. It's often not as bad as you think. There is going to be that initial withdrawal as you've said Magdalena but if it's impacting their anxiety it's worth it. And if you're getting those kind of effects when you quit just think about what it's doing to you. And we're going to talk about some of those things that it's doing to you.

Magdalena Wszelaki: We're also going to give you recipes, right, at the end of the talk.

Trudy Scott: Yes. So mention a few of those just so we've got something hopeful to look forward to because we're going to be talking about some of the effects but there's some great alternatives that we can incorporate.

Magdalena Wszelaki: So I've got a surprise thing here. We're going to talk about that later, how to brew this. And as well as we're going to be talking about some dandelion, chicory, reishi mushrooms as a substitute for coffee. How about that.

Trudy Scott: Right. And I've got a few that I'm going to share as well. So we've got lots of exciting things that we have instead that are going to be satisfying and healthier for us. But let's talk about some of the effects that this caffeine and coffee can have. And one of them is effects on blood sugar. And we know how important that is when it comes to anxiety. If you've got these blood sugar swings you're going to feel more anxious. You may even have

panic attacks. And blood sugar swings can even cause depression as well. So let's just talk a little about how to fix blood sugar.

Magdalena Wszelaki: Yes, I mean it's one of the things that – there's actually interesting studies that show both that coffee helps regulate blood sugar levels as well as on the contrary. And so it really depends on the person. And this is when I think the opportunity presents itself to tune into our bodies and really feel it. When you have a coffee on an empty stomach for example. I think that's one of the biggest no no's when you have anxiety, right is coffee on an empty stomach. And how do you feel? Do you feel the sense of anxiety, unsettledness stepping in or are you feeling grounded and good and energized and clear in your head only, right. So everyone responds a little differently to these things.

I want to really invite our listeners to tune in to – I'm in the camp of people that my blood sugars go up. And the faster they go up the faster they come crashing down. And if you go down below this optimal point of going too low too quickly then it definitely is going to create a sense of obviously all that shakiness and all of that. But also it starts creating cravings. Sugar cravings, carb cravings because now your body needs to quickly bring the sugar levels back up again. So what do you do? You reach out then for something sugary. And this is one of the things with coffee when you're increasing blood sugar levels like that is that it perpetuates that nasty cycle. I need more sugar now to rebalance myself to feel good again.

Whether it's sugar, whether it's processed carbohydrates – so I need my sandwich, I need my energy bar that's full of sugar again, I need my piece of pastry, right. Whatever it might be it is there to help you out. And with that comes a sense of guilt, shame around it and it's just such catabolic emotions that really stem from a physiological change.

Trudy Scott: And then if you haven't quite given up the coffee yet you mentioned about having it on an empty stomach. So if you are still going to be drinking coffee, if you haven't quite got there and you're not quite ready to give it up make sure you have breakfast first, correct. You don't want to have it on an empty stomach because you're less likely to want breakfast and that's going to affect your blood sugar even further.

Magdalena Wszelaki: Absolutely. And especially proteins and fats. So you want to do it with something that's high in protein, high in fats that will stabilize

your sugar levels. You're not going to go through that up and then go down, the dipping.

Trudy Scott: Okay. Next one. It can affect the gut lining and actually cause acid reflux. Let's talk about that one.

Magdalena Wszelaki: Yes so coffee is acidic and so one is that it changes the pH of the body. A lot of people are very familiar with this whole idea of pH. Like I do my wheat grass shots because I want to alkalize my body but then they go and do coffee afterwards. So coffee is very acidic. It pushes the pH up so that means you're getting more acidic. So how does it affect acid reflux? Well it slows down the production of the stomach acid and so as a result of that you have the possibility of developing acid reflux. One of the things about acid reflux - I think your audience is very educated on that topic already - is that acid reflux most of the time is due to low stomach acid and not too much of it. And so coffee is most certainly a contributor towards that.

Trudy Scott: And we talked about it earlier - the fact that some people find that when they're drinking coffee they are more able to go to the bathroom and it's not difficult. A lot of people say well if I don't drink coffee then I can't go to the bathroom. And then we've got to go back to the root cause and see what is the root cause of why you can't. Why are you constipated? Do you have thyroid issues? Are you still consuming gluten and that's causing the constipation. So we want to go back to the root cause and deal with that. Because often we'll use coffee, we self-medicate to feel good but often people will use it so they can be regular.

Magdalena Wszelaki: Yes, absolutely. Well coffee stimulates the bowel release and so that promotes bowel movement as well. The side effect of giving up caffeine is going to be that you're going to be constipated for a while. That's a given. But it also opens up an opportunity of addressing a lot of other things like what you said with this hypothyroid. And also with constipation I find that having food sensitivities is a huge issue, is a huge cause of constipation, especially women with dairy, women who don't want to give up dairy or eating a lot of dairy that could be a big one. Gluten of course that's a given. I have found corn as well to be sometimes a problem. But also other things. Our whole gut microflora. I mean so many people will start eating fermented vegetables and call for a good quality probiotic, so spore biotics to their protocol. And now the bowels are beginning to move again.

But all this time you've been masking that by using coffee basically to give yourself an easy release. But masking the fact that it could be food sensitivity, it could be hyperthyroid. So anyway the point is like what you said. It's a masking element and that's not a great thing to experience.

Trudy Scott:

And I'm glad you mentioned the masking aspect because I find that a lot of people who are consuming coffee are masking underlying issues. It maybe the constipation. It may be that they're fatigued and they're using that coffee as a crutch to get through the day. And you take that coffee away, if you can't function without that coffee that's a clue that there's something underlying going on. So there's a big tie in to the adrenals. We often will have burned out adrenals and then we'll need that coffee to get going. But on the other side it can actually impact the adrenals and actually affect adrenal function. So let's talk about how it can actually affect the adrenals as well.

Magdalena Wszelaki: Yes, so if you're having type 2 adrenal fatigue so that means sometimes it's super high. Your adrenals are pumping out too much cortisol. Sometimes it's too low, sometimes it's just okay. You can get that done through testing – hormone testing, saliva testing with cortisol. The issue is that in times of low cortisol release you're going to be pretty brain dead and this is when we want to bring the cortisol level up with coffee.

The problem is the adrenals are already exhausted and that's the reason why they are firing off with the wrong timing. Sometimes it's too high, sometimes it's too low. Women who have this "I'm tired and wired" thing going on late at night where they're just lying in bed exhausted, can't fall asleep. That's very often adrenal fatigue stage 2 with higher cortisol levels at night. And so this is where definitely, coffee just exhausts your adrenals even further. So you might get that instant release as in like you're getting this clarity in your head. You're getting that energy to get through the day. But in the long term coffee is really going to just exhaust the adrenals to the maximum.

Coffee also depletes us of vitamin C by the way. Something I didn't talk about before. And so vitamin C has got the highest concentration in the adrenals. So again you're depleting the adrenals even further, right. So for example if you're going through a project where you really need to be on top of your game or some family issue that's going on and you've got to be alert and on. Then coffee, I would suggest a coffee substitute and looking into something like matcha tea. M – A – T – C – H – A, matcha

tea. A nice ceremonial Japanese tea made of little tiny baby leaves of very high quality. And the reason why I say that is matcha still contains caffeine. And, in fact, one teaspoon of matcha is equivalent to one espresso shot so it's actually high caffeine content.

However, it works very differently in terms of your energy levels - are going to go up and it's going to be staying up and evenly distributed throughout a period of five to six hours versus coffee gives you that high and then it diminishes but oftentimes you go to a place of feeling really tired. So matcha just evens out the energy distribution much more evenly throughout the day. So that could be a substitute for that. And the adrenals are definitely more let's say friendly towards something like matcha as compared to coffee which is really tough on the body, it really is.

Trudy Scott: So matcha, do you know if that affects people with anxiety? Or is it people who are prone to the effects of anxiety from coffee would they be less prone if they were drinking matcha?

Magdalena Wszelaki: Good question. I do not know the answer to that.

Trudy Scott: Okay, I'll have to try it out. I would be a good person to try it out. I'll try it out because I cannot do coffee at all. I would just be flying for the next week if I had any coffee. I will try the matcha and see. I can't even do green tea so I've got a feeling that matcha wouldn't work for me but I'm intrigued. So it would be worth giving it a try.

Magdalena Wszelaki: I love how you experiment on yourself and then you go and share with everybody.

Trudy Scott: It's good because we can test it out and then I'll ask my community and they'll try it out. We learn so much and all of these things I just think of them as a gift because we get to share and as women when we experience something we want to share it with everyone, don't we?

Magdalena Wszelaki: Absolutely. Have you had your DNA testing done?

Trudy Scott: I have and I haven't looked at that particular SNP that you talked about so I'm going to go and look at that as well. I'm pretty sure that it's going to be a factor. So let's talk about PMS. A lot of people who have PMS can have anxiety just before they have their period. It might be a week before. It might be two weeks before in some cases. And during your period you may feel anxious.

You might feel emotional. You may feel depressed. The cravings can go up as well. And we know that coffee can actually affect estrogen levels and thereby could affect PMS. So tell us a little bit more about that.

Magdalena Wszelaki: So it's PMS but also any symptoms that are related to estrogen dominance. So PMS is oftentimes the result of estrogen dominance, right, and it means too much of the aggressive estrogen. So I just want to make it very clear it's not too much estrogen. It's too much of the antagonistic estrogen called estradiol. I know we don't have a lot of time today to talk about the differentiation between them but I just want to make sure that we mention that because not all estrogen is bad. So in the case of estrogen dominance you see what happens is estrogen gets metabolized in the liver. And it happens in a methylation pathway which happens to be the very same pathway that coffee is metabolized.

And one of the inhibitors of the methylation pathway is caffeine. So it means that you're basically slowing down that methylation pathway. And so what happens is something that in my own discovery was such a shocker and also it was so enlightening and empowering is to realize that our liver plays such a big role in terms of managing our hormones. So imagine like your hormones are produced by the glands. They enter the bloodstream. They get delivered to the cells. They do their work meaning that they give you beautiful hair, they give you good mental clarity, energy, good skin, et cetera, right, good weight. And then they get back into the bloodstream when they are utilized, when they are used. They get into the bloodstream. They get filtered out by the liver and whatever those used up hormones get basically flushed out with the help of bile.

And so what happens is coffee impacts the very same pathway that estrogen gets metabolized in. So can coffee be causing PMS or lumpy breasts or worsening menopause or even infertility and things like that? Absolutely. I mean if you talk about any estrogen dominance symptoms which include those ones we mentioned plus also things like just before your period you're getting all cranky but also headaches before your periods. Having PMS with painful periods, terrible moods, lumpy breasts but also for some women there can be hair loss that can be connected to estrogen. And estrogen dominance is also interestingly the leading cause of breast lumps plus breast cancers, thyroid cancer. Lung cancer in women is estrogenic cancer actually.

So does coffee play a role? For some women it really can. And I have to tell you Trudy I've worked with a lot of women in the past who all they did was get off coffee and they say look, my lumps disappeared or my PMS is so much better. Even my menopause for that matter. I mean the study that I referenced was from Dr. Lamb. Dr. Lamb is a famous doctor who works with a lot of hormonal stuff for women. So he referenced coffee just doing all the stuff to deliver like what we mentioned. But it was interesting to see that it's not just that. It's also menopause. And so from my own experience there's just so many women say look, my hot flashes just went away. My memory has improved so much better ever since I got off coffee. So it can be a big deal for some women.

Trudy Scott: Wow. And on an earlier interview we talked about the thing that it's not just coffee, it's caffeine. I remember working with a client who had an issue with tender breasts and lumpy breasts. And when she gave up the chocolate the lumpy breasts went away and the tenderness went away. So just caffeine can cause problems.

Magdalena Wszelaki: That's interesting. Exactly because there is caffeine in chocolate as well and as we're going to be talking about later. I mean chocolate also is a cross reactive food so with gluten and coffee. So it can be all connected for some people.

Trudy Scott: Absolutely. So you mentioned miscarriage and there's some studies that show that coffee can contribute to miscarriage. And there's actually a new study that came out just in April of this year showing how both men and women who are consuming coffee can see the impacts on fertility.

Magdalena Wszelaki: Okay so you are more ahead of the game than I am. My study was probably from before. It was done by Kaiser Permanente and they were basically basing it on women who never had a history of miscarriages and drank 200 milligrams of coffee a day or more. So that's two cups or more. I know a lot of women who drink that amount of coffee. And two cups is not really that much for most women I think. And so they were seeing a significant increase of miscarriages in the early stages of pregnancy as compared to those ones who did not drink coffee. So that was an interesting study to see.

And I wouldn't be surprised because it kind of ties back to earlier what we talked about and that's estrogen dominance. One of the leading causes of inability of carrying through to the first trimester is estrogen dominance.

Trudy Scott: So you mentioned gluten cross reactivity. Let's talk a little bit about that.

Magdalena Wszelaki: Yes so there is an interesting lab called Cyrex Lab, C – Y – R – E – X. You can't order their labs online but you can work with a provider who can if they have an account with Cyrex. They do really great cutting edge testing and one of them is testing that's done for gluten cross reactive foods. So it basically means that foods that are – your body might be responding to in a similar way the way it does to gluten, right. And it can be high inflammatory. It can give you similar effects. I have clients who did not have a reaction to gluten but they couldn't do coffee or chocolate, same as you. So coffee is interestingly a gluten cross reactive food. And the proteins that I found in coffee in some people will be – the body perceives that the proteins are so similar in its nature to gluten that the body thinks that the coffee is like gluten for us.

So coffee but there's also chocolate is one of them on that list. And so Cyrex array 4 is that particular test to order to figure that out. And that could be really eye opening for a lot of people because there is a lot of very innocent foods in there like even buckwheat which isn't gluten based. Or millet or sesame seeds for example are on it - who would have thought.

Trudy Scott: Exactly. So if you're not getting the answers with what you're doing dig a little bit deeper. So let's talk about inflammation. You know there's a big tie in to anxiety and depression that comes from inflammation. And I want to just mention a lot of these things that we're talking about have got research behind them and we'll share some of the studies so folks can see this. There was a study looking at inflammation and caffeine and found that caffeine did contribute to inflammation.

Magdalena Wszelaki: Yes totally. So today inflammation is – a lot of times how people talk about inflammation and I know for some folks it's still a little bit of a foreign concept or this concept is kind of hard to embrace. But inflammation is basically - if you think about it - it's like this smoldering fire that goes on in the body. And then it contributes to oxidative stress. And so coffee is definitely a big contributor. There's a study that was done by the Department of Exercise Science and Sports in Rutgers University in New Brunswick in New Jersey that did really quite an interesting study just to show how much more inflammation there was for people who were drinking coffee. And they were not even basing it on very much –

I think it was based on two cups of coffee again a day. So not a huge amount.

And everything from chronic pain, body pains, aches, fatigue, skin problems, diabetes as well as the antibodies for women who had autoimmune conditions were all elevated due to that inflammation which is so fascinating. And I feel Trudy like for some women who are really tuned in to their bodies like when they drink coffee they could feel the fire almost going on in their bodies. And now that I'm off coffee when I do drink it for prolonged periods of time then you definitely feel initially that is that really lovely high that we all love. But after a while it just becomes this like, you know, you can feel that fire in your body. And I think for women who are tuned in you can really pick up on it.

Trudy Scott: And that's an important point - to be in tune with your body and really listen. A lot of people will say I know coffee is not good for me but I won't give it up. So just be aware of that. Now another big factor is insomnia.

Magdalena Wszelaki: Yes, that's a huge one. So it's interesting so again it goes back to how fast of a metabolizer of coffee are you. And of course the amount of coffee you're consuming and what time are you consuming it. And so it really depends on if you're willing to go completely cold turkey and just give it all up then that's not an issue. But if you're still holding on to coffee and you're having problems with insomnia I would suggest stop coffee by noon and see how much your sleep improves. And I can tell you that for a lot of women I've worked with there is either insomnia is significantly being reduced or the quality of sleep, the depth of sleep significantly improves. So that could be a really huge one. And for some people if you're a slow metabolizer of coffee then even decaf is going to set you off. My partner can't even do decaf. I mean when Brad drinks coffee, decaf coffee at 10:00 a.m. he's going to be up until 3:00 in the morning that night.

Trudy Scott: So I'm glad you mentioned decaf because a lot of people will say can I drink decaf and for some people that's going to be problematic.

Magdalena Wszelaki: Yes I have a couple of problems with decaf. One is that it is a chemical process that coffee beans need to put through in order to remove caffeine. So you're just messing around with nature and intuitively I feel like it's not a great thing to do. And there are chemicals that are being used in the decaffeination of coffee beans that a lot of time remains. A couple of brands that claim that

they're using a different technology. And again I haven't really looked deep into that to really say that that is much healthier. And honestly with these things it's like you're going to do it for very long periods of time so really know how it's going to impact you. And it's like why have these other chemicals. If you're doing decaf already then I have some recipes for you I want to share. It's going to taste similar to coffee and you might as well do that since you're giving up caffeine per se.

But the other thing with decaf is also the oils in the coffee get removed as well and if you're talking about the phenols and all that in coffee. This is in the oils and decaffeination again removes these oils. So there's very little value apart from the taste perhaps and just the habit of having something warm in front of you that's perhaps with some almond milk or soy milk or whatever people are drinking with that creamy feeling, that warm feeling. And all of that again can be substituted with the recipes that we have for you.

Trudy Scott: Great. And I'm excited to share those. Before we get there I've got one more question for you and this relates to what you mentioned - the good benefits being removed from the decaf - which is something I didn't know. So that's a good thing. But the other problem with any coffee is that it's highly sprayed with pesticides. So if someone is going to drink coffee and they can tolerate it what's the best way to drink it?

Magdalena Wszelaki: Coffee?

Trudy Scott: Yes. Definitely organic.

Magdalena Wszelaki: Definitely organic.

Yes, I think you know more about that than I do. Because I don't go around promoting it so tell us.

Trudy Scott: Well I would just say if you have to have it make sure it's organic. Make sure it's not in a plastic cup. Make sure it's not full of sweeteners and soy milk. A lot of people are consuming coffee like that and they're consuming large amounts. So a small amount and I'm not really a big fan of coffee but if you are going to have it make sure you're getting the healthiest option.

Magdalena Wszelaki: Yes. And then the other thing is that it hides a lot of sugar. I mean one of my favorite sugar shockers when I detox is to show how much sugar there is in Frappuccino for example. I mean forget the

calories. Just look at the sugar and you're talking about - off memory right now - I think it was like 37 teaspoons of sugar. It's on the website. So for the audience benefit you look at – you can go to any big company's website and take a look at all the coffee blends and look at the grams. So for example basically four grams is one teaspoon so it's an easy conversion. And I'm pretty sure they have like a hundred something grams of sugar which when you divide it by four it was coming up to like 37 teaspoons of sugar. Crazy.

Trudy Scott:

Really crazy. There's something I need to mention and I don't really want to call anyone out but there are practitioners in our world who endorse coffee consumption and a lot of people will say bulletproof coffee is the way to go. And so if you're going to have coffee use bulletproof because of the mold issue. I don't know for sure enough about it to say whether it's better than other coffee. A lot of people will say it is. And then the reasoning is with bulletproof you have some fats with it which is going to mitigate some of the blood sugar effects. Have you got any comments on that?

Magdalena Wszelaki: Yes, so I did bulletproof for a while. This was my last thing to hold on to hoping that it's going to work. Remember I grew up with a mother who was drinking coffee 24/7 almost and we woke up to the smell of coffee. I used to have a \$3,000 machine at home making coffee. I did a barista course Trudy in Seattle when I lived there because I loved coffee so much and I wanted to know more about it. The same as you, I'm a geek and I want to know what's the good bean and where do you get it from and how do you roast it. I mean all that knowledge is kind of useless right now. But of course they never told us anything of the health benefits of stuff. But I'm a true coffee lover and for every single reason of it. So for someone who is as much ingrained, so deep into coffee to give it up, I mean I tell you that was a really hard one. And if it wasn't for our relationship really taking a hit I would have probably not given it up to be perfectly honest.

So I did try bulletproof coffee as my last chance and hope that it was going to work and it has all those benefits. And I have to report it made no difference. So it definitely helps with blood sugar levels. Again it's very personal because you talk to a number of people who do bulletproof coffee and they'll swear by it. There's a lot of, you know, dudes who will be like now I can score with a girl. I lost 40 pounds. I never looked better in my life. Bulletproof is the way to go. And they really had some great results.

But I think if somebody is really sensitive to coffee with all the reasons we talked about – you're a slow metabolizer, whether it messes around with your gut flora and all those things that we talked about, it contributes to acid reflux dah, dah, dah, dah. Bulletproof is not any different. So I think like everything else without taking any information with a pinch of salt, including ours. Because for all you know somebody may be drinking coffee and be like I'm perfectly fine. Or I gave up coffee for two weeks and it didn't make any difference. I still have my issues so I might as well go back to drinking.

So it's really I think what I'll just talk is about I was hoping for is to create an invitation to see whether coffee could be impacting you. We are not vilifying coffee here. I'm not vilifying coffee here at all. But it's just an opportunity to tune into see is that what's causing my problem.

Trudy Scott:

Good. And I think it's good awareness and good information. I didn't know that you were such a coffee guru. That's so funny. And I love the smell of coffee. Oh when I smell that coffee smell it is a beautiful smell. So I can totally relate and I've heard people say the same as you - they tried bulletproof because they really wanted to find something that worked. And I've had a number of colleagues who've said they've tried bulletproof and initially it was good and they didn't get the jitters that they get from other coffee. But the over the course of the next three or four weeks then they find their sleep is impacted. Maybe they're feeling a little bit more anxious. And then they realize that it's not for them. So I think it's a matter of trying it and seeing what works for you. And all the other things that we've talked about. Inflammation. What's it doing to your hormones? What's it doing in a subtle level that you may not be aware of right away that may be causing problems down the road.

Magdalena Wszelaki: Exactly. And I feel as though one more thing about coffee and the whole addiction thing is I feel like coffee feeds that addiction. If you have a tendency towards – oh there's another thing actually I forget to mention to you is that when I had my 23andMe done by our friend and helping me to understand what's going on and who am I and what are my predispositions. And one of the things she said to me she said Magdalena, you've got two things going on. One is that you're running through dopamine really quickly which means that I'm the type of person who is always looking for the next stimulation. Because I see something that makes me happy or drink something that gives me a dopamine hit but then I burn

through it really quickly. So I'm always looking for the next stimulation. My partner is totally the opposite. He is a very slow dopamine burner. That's one thing. So the coffee feeds a constant addiction, right.

Number two is that she told me you're having a problem with estrogen metabolism. And I'm like oh my god, that makes total sense because if I don't live like this very clean life I will have the PMS from hell. I get lumpy breasts. It's no fun, right. So it's really fascinating to see how we all respond differently to it. And like I said coffee I feel like it just feeds that addiction and so another reason for somebody like me with my history just to cut it out.

Trudy Scott:

Yes we self-medicate with it just like we do with sugar or gluten or whatever it is. Whatever your drug of choice is. It might be chocolate. Whatever it is that we use it like a drug often. And I think just to be aware of that is really, really important. So now we get to the exciting part. We get to talk about some lovely substitutes that can make you feel as satisfied as you do when you're drinking coffee. And that's the beautiful thing and it's such a wonderful thing that you do is you're providing great resources so we don't feel deprived. And so we can still enjoy our beverages and feel happy that we're drinking something that's healthy and yet at the same time is satisfying that need that some of us might have for something yummy. So let's talk about some alternatives.

Magdalena Wszelaki: So I want to talk about a couple of alternatives. So I think to get off coffee there are two ways of going about it. You either wean yourself off it or you just go completely cold turkey and say I'm done with it. In four days I'm going to try giving it up. And by the way you will see how much more energy you have when you give up coffee. That's the irony of all this as well.

So if you're weaning yourself off I would suggest to try things like matcha tea that we talked about earlier but also switching to things like white tea. White tea is – I just wrote this down. White tea has got 28 milligrams of caffeine in it versus coffee at 108. So it's basically a third of the caffeine. But make sure you don't drink three cups in order to replenish all of that. Those are a couple of options. And then you slowly start reducing, reducing and see how that goes for you. But if you are going cold turkey and you're like okay, I'm ready for something but I really like the taste of coffee. So that's one thing a lot of people miss is the fear of what is going to be my beverage first thing in the morning. What's my new ritual first thing in the morning. I need my little rituals.

So the recipe I'm going to tell you about is a roasted dandelion and roasted chicory root coffee. And so I call it a coffee because it's totally not caffeinated. It just tastes a little bit like coffee, quite so much like coffee. In fact for those of you who have been to New Orleans you know that New Orleans coffee actually is a chicory root coffee with coffee beans. So there is that extra taste to it which is lovely. And that comes really close in terms of texture and taste to actual coffee. So what do you do? My favorite thing is to just hit up either your health store which most health stores now have dandelion root as well as roasted chicory root quite easily available.

And if not, if your store doesn't carry that just go to Amazon and there's a number of brands that are selling them. So what do you do? You basically brew it the same way you would do it with a coffee. I like to use so let's say for two cups which I always use that as a serving. For two cups I'll use one teaspoon of roasted chicory root and one teaspoon of dandelion root. So you basically steep that for about ten minutes. Pour hot water on it and let it steep for ten minutes. You strain it. I like to put mine because we're talking about a latte here so putting that in the blender and putting one date as a sweetener. So I like to use a date because it adds the fiber to it as well as coconut butter or just coconut milk. A little bit of nutmeg or whether you like cinnamon. I love nutmeg, that's my favorite spice and giving it a good blend and you see the beautiful froth on top. So you're getting that fat, you're getting a little bit of fiber from the date. And it's just such an amazing, beautiful, rich, silky drink. It really is highly satisfying. So really a great opportunity to create a new habit in your morning.

The other things that you can add to that drink or do the blender itself is reishi mushrooms. So reishi - you can basically buy reishi mushrooms online. You can get them in health stores. If you're getting that in the full dry form and you can basically put it in a grinder and grind it down to powder form. And just like putting half a teaspoon into that drink is going to give it that earthy taste as well. So again reishi help to stabilize the immune system so it's anticarcinogenic. They have properties - people with cancer a lot of times are put on reishi mushroom protocols. And also I forgot to mention that chicory and dandelion are both also wonderful for the liver support. So not only is it a tasty drink but it's a drink that is actually really healing as well for our liver. That's the chicory latte that I have for you.

And one more thing that I was showing earlier Trudy is what I had here is – I don't know if you can see that but this is basically tulsi tea which has been really my go to drink ever since I stopped drinking caffeine. And you probably saw me drinking that throughout the video. Basically I brew a whole pot of it just because I love it so much. Tulsi is also known as holy basil. There are three types of holy basil and I would suggest check out all three and see which one you like the most. They all have slightly different flavors. The one that is really potent is the rama tulsi. It is an adaptogen so it helps all your hormones. It gives you like this beautiful boost without being anything close to a caffeine boost. So don't expect the same reaction from your body, absolutely not. But it gives you like a sense of lightness and energy and grounding in a very sustainable good way. But if you do it at night it also helps to calm you down and help you to fall asleep. So just a really lovely thing to sip on throughout the day. One of my absolute favorites. You can make that into a latte so if you find it a little bit too boring to be doing plain tea put that in a blender with a bit of coconut milk, a bit of a sweetener and just the same way. It will be great latte.

Trudy Scott:

Wonderful. Well your chicory latte sounds amazing. I have not tried it but I've seen the recipe and I'll make sure that we share the recipe so everyone can try it themselves. The reishi sounds very interesting. I have not even thought about that but that's definitely worth doing. And I have to say I love tulsi tea and I like plain – I wouldn't really make a latte out of it but I like to put in some ginger and lemon in there and that's a nice combination that I like. There's actually research showing that tulsi has an anti-stress effect. So as you mentioned it's really good for the adrenals and it's an adaptogen so it's a good hormone balancer. So I think that's a great option to include. I wanted to add another tea that could be added that's naturally caffeine free and that's rooibos which is from South Africa. R – O – O – I – B – O – S. A lot of people know it as red bush. We actually had Professor Amanda Swart on one of the previous Anxiety Summits. She's a researcher in South Africa who looks at rooibos tea and actually found that it helped to lower high cortisol and it helps with stress reduction. So it's good and acts like an adaptogenic herb as well. So I like my rooibos tea black just with lemon in it as well. And with rooibos tea you want to steep the teabag, leave it in and steep it for five to ten minutes. I used to just flash it in the water and have it very weak and Amanda Swart said no, you need to steep it for about ten minutes and you're getting all those antioxidants. There's so many options that you can do to replace this coffee and find something that's going to work for you.

Oh yes I've got one more. Carob - I think that carob has also got that thick, warm feeling that you would get from the latte that you mentioned, the chicory latte. And my recipe has got coconut milk as well and then cinnamon as well and you could put some fat in there as well if you wanted to put some butter as well. But that carob sort of tastes like chocolate and it's got that thick texture that you might feel like you're missing if you're drinking a herbal tea versus drinking a coffee.

Magdalena Wszelaki: Yes, I grew up in a country where in Holland back in the days in the 70s and 80s there was no chocolate. And so carob was used as a chocolate substitute. So it's a product we call chocolate like. We had this chocolate like bars and things like that and carob was used in that. So it does give you this chocolatey taste to it as well which you actually just revealed my recipe because that was going to be a recipe in my book.

Trudy Scott: Good. We can't wait. And carob is high in magnesium which is calming. And there's actually some studies show that carob can be calming. So it's a wonderful alternative. You've shared so many beautiful options here and I love the fact that you're getting the liver benefits from the latte that you mentioned.

Magdalena Wszelaki: I just want to mention one thing about the chicory and carob is that they're both high in FODMAPs so for people who are having problems with a lot of IBS stuff going on and you are sensitive to FODMAPs will have a bad reaction to it. So I just want to put it out there that it's not for everybody. I think a lot of people will benefit from it but just to be cautious. If you start feeling bloated after having that chicory drink we talked about and carob also is high in FODMAPs then that could be there reason why.

Trudy Scott: Okay. That's interesting that you bring that up because I have issues with some FODMAPs foods and I do fine with carob. So I will check out chicory and I'll see how I do as well and then I'll report back. Of course as you said I like to try these things and see. And I think it's very important to realize that with some FODMAPs foods there's a continuum. Some people do fine with certain and some don't do well with others. So as you're saying try it and see if you notice something there that might be an issue.

Magdalena Wszelaki: Absolutely. I'm glad that you mentioned that because it just doesn't mean that you have to rule out all FODMAPs. It's just a matter of figuring out which one is the issue and I really love that application from Monash University, that mobile app that I have.

And you start experimenting with the foods and you go like this is my problem and then you just block those out on your phone so you see which ones you can have, which ones are not your friends. So not all FODMAPs could be a problem. So I look forward to hearing how you're reacting to chicory.

Trudy Scott:

Okay. I'll let you know. And just for folks who may not know what we're talking about when it comes to FODMAPs this is for people who may have small intestinal bacterial overgrowth or SIBO. And this is often an underlying cause for IBS. And we did have Dr. Siebecker on one of the previous Anxiety Summits talking about this. We didn't go into specifics on some of the foods that you're talking about here but there are some foods that can trigger the bloating and the gas and this is what Magdalena is talking about here. Just be aware that if it causes problems then you need to look elsewhere. And the rooibos definitely doesn't do that and tulsi tea as well. So those could be alternatives. And I like that you talked about making tulsi into a latte. So you could take any herbal tea and make it into a latte which is going to give you that sort of thicker beverage coffee kind of – it's funny how we want to go for something that's coffee-like isn't it. It's really got a hook on us, it really has.

Wow this has been absolutely fantastic Magdalena. So you've got a great digital giveaway that we can offer folks so they can get access to more information that you have to offer and that they can stay connected with you if they want to learn from you. And I know they're going to want to after this interview. So tell us a little bit more about that.

Magdalena Wszelaki: Yes so it's found on HormonesBalance.com with an S. HormonesBalance.com/EO. And it's a cool handout showing you how to use essential oils in rebalancing hormones. Checking your way all the different chemicals that we often use in skin care products, cleaning products and just bringing essential oils to replace those. But also how to use different essential oils for different glands that help us produce different hormones. So it's a really cool handout.

Trudy Scott:

Great so I'm glad you've got the essential oils and the connection to cosmetics and things because now we're finding that there's caffeine in some cosmetics and that can be causing a problem. I just saw an article just recently about the fact that it's not often labeled and that could be causing problems. So if you can replace that with some essential oils and make some homemade ingredients that would be fantastic.

Well any final words of wisdom for us?

Magdalena Wszelaki: Well I've said it before and I'll stick to it this time around as well but if you're having a lot of resistance on giving up coffee it could be a sign that really that's what you need to do. And just take the plunge for four days and see how different you feel. And the worst that can happen is you're going to get a bit of a headache and probably gain a lot of energy. Because in my practice I found that whenever we have resistance around changing something the more we need that change.

Trudy Scott: Great. Thank you so much. This has been such a wealth of information. I knew it would be fantastic. We'll make sure to share the recipe for the chicory latte. We'll share the links to a lot of the studies that we've talked about and I know you've got a really nice chart that shows the amount of caffeine in different beverages. Can we share that as well?

Magdalena Wszelaki: Absolutely.

Trudy Scott: That will be fantastic. Well thanks so much Magdalena and enjoy Iceland and thanks everyone for joining us for another great interview "Is Coffee Your Hidden Anxiety Trigger and How to Substitute It With Delicious and Healing Drinks." Thanks everyone for joining us and tune in to other great interviews on the *Anxiety Summit*.

Speaker Blog: <http://www.everywomanover29.com/blog/coffee-hidden-anxiety>

Magdalena Wszelaki, founder of Hormones Balance



Magdalena Wszelaki is the founder of Hormones Balance, a nutrition coaching practice dedicated to helping women to rebalance their hormones with nutrition. Magdalena is a certified nutrition coach, speaker, educator and a soon-to-be published cookbook author with a long history of hormonal challenges. Her health crisis was the direct result from a highly stressful life in advertising – starting from Graves' and Hashimoto's Disease

(autoimmune conditions causing thyroid failure) to adrenal fatigue and estrogen dominance. Today she is in full remission, lives a symptoms-free awesome life and teaches women how to accomplish the same in her online programs and education.

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

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