

Anxiety: Grass-fed beef, fermented foods and healthy snacks the Paleovalley way

- can dietary intervention reduce anxiety?
- how the health of the mother affects the child's mental health
- nutritional and mental health benefits of grass-fed beef vs. conventionally raised beef
- benefits of fermented foods for mental wellbeing
- healthy snacks for blood sugar control and anxiety
- GMOs, the shikimate pathway and serotonin
- Paleovalley's mission, 100% grass-fed beef sticks, why they are fermented, and how/why GMOs and hydrogenated oils were avoided



Trudy Scott:

Welcome to Season 4 of *The Anxiety Summit*. I am your host Trudy Scott Food Mood Expert, Certified Nutritionist and author of *The Antianxiety Food Solution*. Today our topic is “Anxiety: Grass fed beef, fermented foods and healthy snacks the Paleovalley way.” And today we have Autumn Smith to present on this topic. And we were laughing earlier because with me and my South African accent I say Autumn and her name is Autumnn.

Autumn Smith:

And either one works for me. I've been called far worse so I'll take it and I'm so delighted to be here. You've been a hero of mine. I cited your work in my thesis. I'm really, really excited. And I've been a long-standing lover of *The Anxiety Summit* every single one. I just get excited about every one.

Trudy Scott:

Well, I'm so pleased to hear that. And we're going to talk more about your thesis and I'm so glad that you reached out to me and I'm just thrilled to have you here because I think what we're going to talk about today is just so important when it comes to mental health and anxiety in particular. And you're very passionate about the topic and you have taken it to the next level so you can actually help people who have anxiety, which I think is wonderful. So let me go ahead and read your bio and then we will get right into the topic.

Autumn Fladmo Smith has been a health enthusiast her whole life. She began her academic career with a bachelor's degree in psychology and a minor in dance from the University of Montana. Upon graduation Autumn danced professionally while becoming a certified yoga instructor. Hoping to combine her love of dance with her passion for health Autumn also became a celebrity fitness trainer with Tracy Anderson, most notably completing a world tour with Jennifer Lopez. How interesting is that? While working as a fitness trainer Autumn could see that exercise alone was not enough for many of her clients to achieve the radiant health they worked so hard to achieve. Meanwhile, irritable bowel syndrome and anxiety continued to plague her personal health starting in adolescence. These frustrations further ignited her passion and interest in the study of holistic nutrition. Through self guided research she and her husband Chas healed her IBS with the Paleo diet. She then studied with the Institute for the Psychology of Eating to become a certified eating psychology coach and at Hawthorne University where she obtained a masters in holistic nutrition. In 2013 she founded Paleo Valley with her husband and brother-in-law. Paleo Valley's mission is to disseminate excellent nutritional information and organic food products to 100 million people worldwide. Autumn's commitment to health reached new heights last year following the birth of their son Maverick. Interesting journey and it's interesting that you completed a world tour with Jennifer Lopez.

Autumn Smith:

Yes. I know. It was amazing. I had no idea. Tracy Anderson, if you're not familiar, she's a dancer turned fitness trainer and she's literally a genius. And being that I was a dancer and was passionate about fitness and this whole wellness piece I auditioned for her. She gave me the job and she sent me all over the world working with many different celebrities. Jennifer Lopez was one of my favorites, but yes a world tour. I've seen so many different countries because of her and the experience was just amazing. But like you mentioned I did see something with my clients that they

weren't addressing the nutritional piece or to the extent that I thought they could. And so they weren't seeing the results that I would have liked to give them at that point in time. So I felt like it was time to kind of go into my next career, which led me here.

Trudy Scott:

Wonderful. And the fact that you experienced some of this yourself led you to dig deeper. And I think that's so wonderful about so many of the people that I interview is that we've experienced this and it makes us very passionate about it. And I love the fact that you mention that it was self guided research. And I think that's so important, which one of the reasons I love to do these summits and interview people like you is that it gives people resources so they can now start researching and dig a little bit deeper and see if some of these factors that we talk about could actually be an issue for them. And I think it's something that we really want to instill in everyone is be your own best advocate and ask questions and if something feels wrong dig deeper and look into it. And I love that you did that.

Autumn Smith:

Yeah. And it's funny because my issue started when I was about 13 years old so I lived with them for almost over ten years. And it wasn't until I met my husband and he kind of saw me in the pain and the distention in my abs after every meal. I literally looked pregnant and he was saying there's got to be a better way. But I think like a lot of people, I just had gotten used to feeling unwell and doctor after doctor told me that there was nothing that we could do; it was IBS; all I can do is take Bean-o. And so I kind of just resigned to the fact that I would live with this for the rest of my life. And it was my husband who took me by the hand and he just delved into the research, found the Paleo diet. And although I had suffered from anxiety since I was a teen concurrently with this digestive piece and tried antidepressants, I was even kind of drawn to alcohol and drug abuse, as a lot of people who suffer from anxiety are.

But then when I implemented the Paleo diet and these strategic dietary changes going for only 30 days, both lifted and I felt an incredible sense of well-being that I had never known since maybe I was ten or 11, if I was even capable of feeling that way. But it was so profound and just delving into this research, also to do my thesis, I realized that there are far too many people suffering, 40 million Americans are suffering from anxiety. Our current treatments are largely ineffective. I think only of those 40 million about 400,000 are estimated to actually receive treatment that results in remission. So yes, this dietary piece I just could not be

more passionate about spreading the word. So again, thank you for giving me this opportunity.

Trudy Scott: Wonderful. And I can hear your passion there. When we discover something we want to share it with the world and I love that your mission is to share it with 100 million people worldwide. That's perfect.

Autumn Smith: I know. That's my personality too. They say the only thing I do in moderation is moderation so yes I've got some big goals. But it's worthwhile to me. For sure.

Trudy Scott: It really is. It really is. And I'm glad you talked about the fact that you lived with it and so many people do. You just tolerate it, you put up with it and we shouldn't. If you don't feel your absolute best, both physically and mentally, and I always say we should all feel on top of the world all the time, then we need to look further. And too often we just tolerate it. So good for your husband. We'll give him a hero badge and say thank you for helping Autumn not put up with it and find answers. Now, you did your thesis and I love it it's called "Can Dietary Intervention Reduce Anxiety." And obviously the fact that you went through this was a big motivating factor for you, tell us a little bit about your thesis and what you are proposing in this thesis.

Autumn Smith: Yes. It was the most fascinating journey creating this because obviously I had personal stake in it, but then like I said, this is an epidemic and I'm sure your listeners know I was just seeing the rising incidents every one of my friends and family and my colleagues and so I was just really driven to figure out this dietary piece. And as I'm sure you're aware there was originally a lot of different dietary triggers correlated with anxiety. You spoke about them in your book - gluten and sugar, GMO's, food sensitivities. But what happened in around 2009, although the link between diet and mental health was rarely investigated prior to that time, a researcher from Deacon University named Dr. Felice Jacka came on the scene and she did her dissertation exploring dietary patterns. So not only taking those dietary triggers, which were just really specific foods, but also seeing what were people eating as overall dietary patterns that was making a difference? And when she did that research she kind of noted two different diets emerging. And that's the traditional diet with high intakes of grass fed meats, fish, vegetables and fruit and then our all too familiar SAD diet, the American standard diet. And what she found was that there were very, very different outcomes, mental health wise, for people who were eating the traditional versus the processed diet. And in fact

her dissertation elucidated that if you were eating higher amounts of processed food or a standard American diet you had a 50 percent greater incidence of depression and anxiety. So that was really an important finding for my thesis.

And I also discovered, which I kind of thought to be the case, that there were a lot of dietary recommendations that were released around 1977, even if you were trying to take care of yourself, and even though they didn't know about the link between mental health, even if you were trying to take the best physical care of your body possible if you were following these recommendations you weren't doing yourself any favors. Because you were increasing your intake of carbohydrates, whole-grain specifically, which have gluten in them - and I think in your book Trudy you mention that that's the number one food leading to anxiety in your clients. And also reducing the saturated fat in their diet, which Dr. Felice Jacka found was really important and actually red meat was the number one most anxiolytic food or anxiety reducing food of all that she studied. You're also reducing cholesterol and you're eating trans fats.

And so I was just blown away by the fact that people were unknowingly doing themselves harm and actually probably eating an anxiety provoking diet. And so what I did was create a little protocol that just eliminated all those problematic foods and we actually also eliminated nuts and eggs, which are common dietary allergens because food sensitivities are also highly correlated with anxiety.

And then we did a little gut healing program because there's just so much power there. It's a burgeoning area of research I'm sure your listeners are familiar, but there's a really valid connection between the gut and the brain. And so by taking control of these dietary pieces we can actually improve the health of the gut and then improve our mental health as well. And so I'm proposing that instead of using big pharma, all the drugs that are the baseline, the first line of therapy for most anxiety suffers, that we use nutritional strategy because they're risk free and because anyone can implement them. And it might not be that they can help everyone but they can definitely help a lot of people, and especially our children.

Benzodiazepines, which are the number one most prescribed drugs for anti-anxiety, they have a litany of side effects including they're addictive in as little as four weeks and one study found them to be as addictive as heroin. They promote future addiction. A really

scary study out of the University of Michigan found that in kids who took sleeping pills and anti-anxiety meds were 12 times more likely to have addiction problems later and they also have other cognitive impairments. And overall they're not risk-free like dietary therapies are. And so that's what my thesis was investigating can this work and there's a healthy body of research to suggest that it can and I'm really, really excited about it.

Trudy Scott: Wow. That's fantastic. What a great diet and healing the gut and I'm so glad to hear you talk about the medications and the benzodiazepines particularly. As you know I'm very against of them. They are meant to be prescribed short-term, maximum of two weeks and people are on them ten, 20, 30 years, which is not a good thing. You mentioned the addictive component and cognitive impairment they've been linked to dementia and possibly Alzheimer's. So if we can teach people about dietary changes and see results it's just so exciting. And, of course, you mentioned Dr. Felice Jacka, one of my favorite researchers. I actually had her speak on season one of The Anxiety Summit as you heard. And the research that her and her team are doing is just fantastic. I just want to mention an organization that she has founded called the International Society of Nutritional Psychiatry Research, ISNPR. And just hearing that together, nutritional psychiatry research together just gets me so excited.

Autumn Smith: I know. I couldn't be more excited about it either. And yes she's my favorite, my absolute favorite. And she's just doing so much important research. She's just running with it. And it's just surprising to me that she was the first one to kind of really look at those overall dietary patterns and now to us it seems so obvious, but it's just so recent and so exciting.

Trudy Scott: It is. I'm as excited as you and I can hear you are very excited. And I'm glad you brought up the red meat aspect because it's such a big issue with so many people and we're going to talk more about that a little bit later. But the fact that she actually went into her dissertation assuming that red meat was going to be problematic and was very surprised to find that it was one of the most important factors when it came to mental health, especially with women. So it's very interesting how going into this research you actually come out with something else and I applaud her for being vocal about it and continuing with it because there are so many people who are naysayers when it comes to red meat.

And obviously quality is important; grass fed is a big factor and we're going to talk about that and how it differs from feed lot red

meat. So it is just very exciting times. And I know she's actually in the process of conducting some research right now looking at diet and depression and also anxiety and this is as close to a double blind study that you can get when it comes to diets. I'm really looking forward to the outcome of that study.

Autumn Smith:

Oh wow, I can't wait. And yes like you said, I applaud a researcher who goes in expecting to find one thing and finds something completely different. And we need more people willing to admit that because yes there is such a stigma around red meat, but it is such a powerfully therapeutic food that I'm glad that she's just getting the word out there because I think a lot of people are suffering because they're scared of it.

Trudy Scott:

Yes. And we want to educate them so they don't have to be scared of it. Let's just talk about another study that Dr. Jacka has done, and I think this is really important because as well as changing your diet and changing the diet of your children and seeing improvements, there's this aspect where what the mother eats can actually affect the child's mental health. So we've got this intergenerational effect. And a lot of people will say my grandmother had anxiety and my mom had anxiety and therefore that's the reason I've got anxiety. But there's something that we can actually do to change this. We don't have to think well I've got anxiety therefore my kids are going to have anxiety.

I actually saw someone post on social media just this last week saying that I've got this issue with depression and anxiety and my kids are probably going to have it too. And I think we really need to let people know that this doesn't have to be the case. So can you share a little bit about - you had this in your thesis as well, and I know it's something that you're very passionate about, being a new mom, so let's talk about why people need to know this.

Autumn Smith:

It's so important. I feel so lucky to have stumbled upon this information right before I got pregnant. And so I took every precaution necessary. It's the best I've ever treated myself and I'm so grateful for that because I do have a wonderful little boy. But this study that Dr. Jacka did that really made me pay attention - it was it was conducted in Norway and it included 23,000 mom and child pairs. And what they did was they analyzed the pregnancy diet of the mother and in the early life of the child and then later measured the child's vulnerability to mental health. And they measured this in terms of externalizing behaviors such as tantrums, which are thought to represent anxiety. And so what they found was that the more processed foods that the mother ate during

pregnancy the more externalizing or anxiety like behaviors the child was later exposing regardless of what the child actually ate after birth. And so that is such a profound idea because you'd think that oh no it's fine whatever the mother is eating, but then you can really take control when the baby comes out, when the baby is born and just feed them a very nutrient dense diet, but they found the opposite.

Of course there is an effect also in what you feed your child. Obviously you want to feed them nutrient dense food as well, but that fact that the mother's pregnancy diet was just as important is so fascinating to me. And when you look at the ancestral literature and indigenous cultures that came before our time, they knew this and they fed their pregnant mothers and the pregnant fathers, I think a lot of times people forget about the fathers but they're also really important as well, nutrient dense diets full of nutrient rich foods, shark liver, cod liver oil, fish eggs, they just really took precaution to make sure that the mother had all of the nutrients stores available so that she could create the healthiest baby. And so I think since that time, since Dr. Jacka's original study there have been two other studies that also confirm this association and so I think it's just a really exciting time. We can actually take control here and I just encourage anyone who is thinking about having a child, pregnant or know someone who is pregnant to share this information with them because it's literally life-changing.

Trudy Scott:

Great. I love it. Now you mentioned ancestral diets and you talked about fish eggs and liver, for folks who may not be familiar with what an ancestral diet is tell us a little bit more.

Autumn Smith:

Okay. So I have a Paleo-based company and the Paleo diet was what transformed my health. And that's just peeling back the layers. And we went through a huge dietary transition 50 years ago, maybe a little more than that - where processed foods kind of have taken over; they've become the norm, whereas whole foods, nutrient dense foods, high quality animal products, wild fish. Every diet varied based on where you're living, of course, but they were just whole food based diets. So that's ancestral health. They also used foods that we don't necessarily have any more like liver, organ meats, just the really, really nutrient dense foods. They used the entire animal from nose to tail because they knew how nutrient dense these foods were and they just completely ignored, well they didn't have to ignore because they weren't part of the diet at that time, but any processed foods. So that's what ancestral health is, it's just kind of going back to our roots and saying what did our

ancestors eat that enabled them to thrive. And that's probably what our genes should be getting as well in order for us to function optimally.

Trudy Scott: Beautiful. And I just wanted to make that clarification because I think a lot of people have heard of Paleo diet but maybe not ancestral and it's basically going back to our ancestors. And I love that you focused on the quality. Quality is really important when it comes to any food, certainly when it comes to animal protein we definitely want to be focusing on quality.

Autumn Smith: Absolutely. And one more thing I forgot to mention that Dr. Felice Jacka also mentions that the microbiome of that newborn, so the microbiome is shared through the mother's placenta and then also through the trip through the birth canal. Hopefully vaginally if possible, where it gets exposed to all of those microbes. And that has actually been found to drive brain development and determine the integrity of the blood brain barrier. And so, again, just a really, really powerful opportunity to enhance your baby's microbiome with what you're eating.

Trudy Scott: Wonderful. And I'm glad you mentioned the natural birth through the vaginal canal as being ideal because then the baby is going to be exposed to mother's good bacteria, and if that's something that you can aim for that would be a great thing to aim for. Obviously it's not always possible but too often in today's world it's not the focus and I think more and more people are being aware of how important it is.

Autumn Smith: Yeah. Just going through that process. I was fortunate enough to be able to deliver vaginally, but like you said not always possible. But I do know that there are certain forward thinking doctors who even in the event of a cesarean section they will maybe take a swab of the mother's vaginal bacteria and then place it in the baby's mouth to help kind of begin that colonization process. So there's a lot of options if you're open to it and if you were really wanting to do the best you can for your baby so definitely just look at all those options.

Trudy Scott: Yes. Good to know. Good for people to know that this is an option. So that's not something that I think most conventional doctors would offer, and if you know about it you can ask for it.

So we talked about the ancestral diet and quality animal protein. Can you talk a little bit about the difference between grass fed beef versus conventionally raised beef? Because we definitely want to

be focusing on quality here and it is a very big difference. And most of the research where we've see negative comments about red meat has being conventionally raised beef. So we're not actually comparing the two and there's a very big difference.

Autumn Smith:

Oh, there's a huge difference. And yes like we mentioned earlier that red meat does have such a stigma. And the studies, they're epidemiological. A lot of them and the ones that determined that it was a probable carcinogen, but like Trudy said they're not looking at people who eat grass fed beef. Because red meat has been demonized in our country for a number of years. And so the people who are likely eating that are probably also eating that with a bun that has gluten with some ketchup that has some high fructose corn syrup and with a soda that has just a lot of sugar and other garbage. And so you can't tease away those variables.

But yes very different. A lot of literature suggests this. For instance, and I just want to mention that Dr. Jacka's study was using high-quality grass fed meat, which is kind of the norm in Australia so it's very different from here. But grass fed red meat is different in two main ways. And that's because it has higher and a different fatty acid profile, especially omega-3 fatty acid. There seems to be more, I think three to five times more than conventional raised beef. And that's important because omega-3 are known to be very therapeutic for mental health and a number of other health issues. So as many of those omega-3's as we can get is a good thing. But what it also does is there's omega-3 fatty acid and there's omega-6 fatty acid and it improves the ratio. It has kind of a perfect ratio. Our ancestors had a ratio between these two fatty acid's of about one to one and the common American today has a ratio of about 20 to one, which they hypothesize, and a lot of research suggest, leads to inflammation in the body, which is the root of basically all degenerative diseases. So grass fed beef has a ratio of about 1.5 to one, which is almost perfect compared to one to 7.5 in conventionally raised beef. So that's just a huge difference.

And then there's also something called CLA, which is another fatty acid known to have cancer fighting properties. One study showed that the women who ate the most CLA had a lower risk of breast cancer. And it's also known to optimize the deposition of fat in the body so that's really important. But the other major benefit of grass fed beef is its antioxidant profile. There's higher levels of glutathione, which is our bodies master antioxidant. There's I think seven times more vitamin A or beta-carotene, the precursors to vitamin A. And I think three times more vitamin E. There's

also higher levels of B vitamins, which are so critical for mental health, and minerals, especially zinc and iron and magnesium, which are also really, really important for mental health. But the other side of the coin is, like Trudy said, what we're not getting that conventionally raised beef has to offer and that is the hormones, the antibiotics and the pesticides, which just wreak havoc on our health. And toxins are stored in fat as well, which is a really, really important thing to remember. So when you're eating the fat of a conventionally raised animal that fat is actually storing up all of those toxins and then you're getting a healthy dose in every bite. So basically grass fed beef is allowing us to only put into our body what's going to allow us to thrive and none of what won't, which is why I'm so passionate about it.

Trudy Scott:

Great. A lot of people give up beef or red meat because they think it's a healthy thing to do. And when they discover these amazing benefits that you get from grass fed beef it's just mind blowing when you think about it what it's providing. And it's providing the amino acids for us to make our neurotransmitters. You mentioned iron and the B vitamins and zinc, all of these are so needed for us as co-factors to make GABA and to make serotonin so it's just providing the body with all the raw material so we can make these brain chemicals that help us to feel good and provide us so much nourishment in so many other ways as well.

Autumn Smith:

I was just going to say I didn't even notice when I was a teen but I have never really eaten a lot of red meat and Dr. Felice Jacka didn't even notice that it was important but that it was important in a linear fashion, meaning the women who ate the most had the least anxiety. So I just now, in hindsight thinking wow I really wish I had known this when I was younger.

Trudy Scott:

Yes. Me too. And I actually became a vegetarian at one stage and wasn't eating any red meat or any fish and I really feel like it was one of the factors that contributed to my increasing anxiety and my panic attacks. Obviously it wasn't just the fact that I wasn't eating red meat, it was a number of other factors, but part of that was eating a high soy diet. And I think that high processed soy food had a big impact on my gut. So it was a combination of factors. But a lot of people will go on a vegetarian diet and find that their health suffers mentally or physically, when they add back that quality animal protein will see a very big difference. And it's a touchy subject for vegetarians out there. I know when I was in the midst of it no one could have told me otherwise that I needed to go back to eating red meat. I think you just got to listen to your body and realize that your body needs these nutrients. And I've just seen

such a big turnaround in clients who have been vegetarian in the past and have add back quality protein. So I'm glad we're talking about this. I think it's an important factor. And so many people said to me my husband is so glad that you've told us that we can add red meat back into our diets. We'd given it up because you thought it was a healthy thing to do and when you know the facts I think it makes a very big difference. And then when you feel so much better it makes a big difference too.

Autumn Smith:

It really makes a big difference. And for me I think I didn't even realize but I think I had HCL - which is our stomach acid - insufficiency and so it wasn't always easy for me to eat red meat because it's sometimes more difficult to digest when you don't have that stomach acid. But once I addressed that piece and I just used apple cider vinegar in the morning, like a few capfuls within water, and I have zero problems. And when my blood sugar is stable because I'm eating red meat and other high-quality animal products I feel like a different person. It was probably the best thing that I've ever done for my mental health. So yes I'm glad we're talking about it too. And I understand that people are vegetarians for a lot of different reasons and so if it's not health that's your goal then that's important to understand. But if it is, yeah maybe think about it or at least be open to it because it has really made a big difference for me.

Trudy Scott:

Good to hear. Really good to hear. And going back to your HCL, the stomach acid comment, some people will say I eat it; I think it sounds good and I'm interested but it just feels like it sits in me so you do need to have good stomach acid, which is an important factor to break down the beautiful proteins into the amino acids and to break down so you can get access to all these beautiful nutrients we're talking about.

But the other thing that a lot of people don't realize is that low zinc levels can definitely affect your desire for meat. A lot of people with low zinc levels have an aversion to red meat. And one of the types of anxiety that I teach about is pyroluria - I know you're familiar with it - which is a social anxiety condition where you have a higher need for zinc and vitamin B6. And a lot of people with pyroluria - and this is a very common condition in my practice and with the women that I work with - is that they have this low zinc so they don't really want to eat the red meat. So often there's this need to supplement with zinc to get the levels up addressing low hydrochloric acid because hydrochloric acid is very closely tied to your zinc levels as well. Addressing that then you may be more inclined to want to eat the red meat and then get the

benefits from it. And obviously people with pyroluria have a lifetime need for supplementing with zinc. So if that's a situation then addressing low zinc levels can have a big impact. And, of course, zinc is really important when it comes to anxiety because low zinc means high copper and that means more anxiety. So we've got all of these factors that we need to look at. And every one is unique and it's a matter of finding out what's going to work for you. So I'm glad you brought up the whole digestive issue and I think zinc is definitely part of that.

Autumn Smith: Oh, absolutely. It's such a complicated picture but I just encourage people to keep digging because just before you're on the brink of a major finding that's just going to change your life just don't give up because you're probably almost there, even if it hasn't been discovered yet.

Trudy Scott: Good. I'm glad you say that because I say that all the time don't give up looking. There is an answer out there you just may not have found it yet or you may not have found the whole picture yet and this information that we're sharing today is hopefully going to shed some light on this.

Now, I wanted to just talk about the big reason I wanted to invite you, other than your passion for this and your knowledge in this area and the work that you've done with your thesis, is that part of helping with anxiety is blood sugar control. And you just mentioned that adding back red meat really helped you with blood sugar control because now you don't have these ups and downs. If you have donuts for breakfast or you eat a high carbohydrate diet you're going to have these blood sugars swings. You'll get this spike in blood sugar and then it will crash. And when that happens this can look like anxiety. And for some people it can cause a full-blown panic attack. You can feel irritable, you could feel agitated, you can feel cranky like I've got to have something I've got to have something I'm desperate for something to eat because your blood sugar has dipped too low. And part of that is eating healthy snacks. And part of that is protein and fat. So having a snack with protein and fat and having a good breakfast is really important. And you have, as a result of your research and your passion, you've created these grass fed beef sticks. And to me finding a wonderful solution for my clients that gives them a healthy snack so they can help to stable their blood sugar is just wonderful. And that's one of the reasons why I wanted to have you speak on the summit. So tell us a little bit about blood sugar and why this is important when it comes to anxiety.

Autumn Smith:

Okay. It's one of my favorite topics. I know I'm passionate about a lot of things in this anxiety area, but this is maybe one of the most important pieces I wish people would take away from this talk. And that's hypoglycemia – it is what happens when we, like Trudy said, we eat too much sugar or too many carbohydrates or too much fruit juice or too many pieces of dried fruit or whatever it is and then our blood sugar goes up really high and then what happens is high blood sugar is actually pretty dangerous for our body and the sugar can bind to proteins and kind of make a mess and render them inert or not able to carry out their normal functions. And so the pancreas will come in and secrete insulin to take that sugar out of the bloodstream, the excess sugar and put it into storage. What happens is sometimes that pancreas comes in, it's a little overzealous and it just does its job too well so then our blood sugar levels will drop too low or too quickly. And then that is interpreted by the body as a state of emergency. And when that happens our adrenals come in and they secrete adrenaline, which kind of gives us that sense, to some people, of anxiety.

In fact they say the way that you interpret this kind of determines which type of anxiety you could experience. Like if you're associating it with something that you're doing at that time it could lead to a phobia. Or if it's just kind of hanging there and adrenaline levels are kind of high chronically it might just be that free-floating anxiety. Or if it just spikes really high sometimes it can even lead to violence or other mental health issues. So this is really, really important to know how to curtail that and to keep your blood sugar as stable as possible.

And like you said in order to do that fat, high quality of fat, we're talking animal fats from grass fed animals, wild fish, organic avocados, that is the only macronutrient that doesn't raise blood sugar levels. And then there's protein which is also very stabilizing. And when I was young, like I said I kind of had this aversion to red meat or basically protein in general. And I was all over the map just riding that blood sugar roller coaster all day long. It wasn't until I got my education and holistic nutrition that I started introducing strategic protein in the morning, with every snack, at night, and like I said before my mental health I suddenly became a very calm centered and stable person that I had never been before. And so this is my favorite trick. And even if you're not necessarily in touch with your body yet, because I know that can be a challenge for some people, I really do advocate also using a glucometer at home you can measure these blood sugar levels and watch your body's response to certain foods because there are other things to consider in the blood sugar equation. Your sleep

will affect it, your stress level will affect it and maybe you have a hidden sensitivity to a food and that can affect it as well. I struggled with skin issues as well for so long until I realized there was a garlic sensitivity and left to my own devices I would have never figured that out because garlic is seen as one of the healthiest foods there are. And so I think this glucometer can lead to a lot of discovery about yourself, but stabilizing that blood sugar is just going to change the game for you if you're feeling anxious.

Trudy Scott: So you mentioned the strategic protein and we're obviously going to talk more about the snacks, but you mentioned protein in the morning. Tell us more about that.

Autumn Smith: Yeah. Absolutely. I love to just start off my day and just become centered. So if you eat a lot of carbohydrates in the morning you're going to set your body up for that roller coaster that I was talking about earlier because your blood sugar levels are going to go up, that pancreas is going to kick in the insulin then you're going to go down and you're going to just ride, most of the time people will, again, be drawn to they'll lead to cravings or they'll eat something sugary or high in carbohydrates again to satisfy the craving that is a result of that drop and then you're back where you started and you're just riding this roller coaster all day long. So what I like to do is to make a really special effort to just make sure my breakfast is on point every morning, just high-quality protein like one of our grass fed beef steaks or perhaps some eggs, maybe some pastured bacon, whatever it is that you enjoy just getting that high-quality fat or protein in right away will start your day off on the right foot.

Trudy Scott: Perfect. And you couldn't have said it better. You mentioned early on that gluten was a big factor with my clients and that together with protein at breakfast is the number one key for most people. And it's so interesting, in the summit we're going to talk about some advanced topics like low oxytocin and low cholesterol and how this can affect your mood and we're going to talk about leptin resistance and some pretty advanced topics. But for some people just going back to this ancestral diet and just getting off the gluten and just eating to control blood sugar can completely eliminate anxiety and depression. And I hear so many people say my anxiety is so severe there's no way that could have an impact. I'm the kind of person who definitely needs medication or needs some medication. And when they make those changes and five, 10, 15 year anxiety and panic attacks completely goes away they can't believe it. So for some people it's as simple as making these basic changes. Others you've got to look at GABA levels and

serotonin levels and oxytocin and genetic defects and other factors, but wherever you fit in on that spectrum making these basic food changes is so important and it just amazes me that so many people don't make this connection to brain health and what we eat. It's really something that we need to get this message out in a much bigger way.

Autumn Smith:

I think I agree. And I was one of those people, which is why I sympathize with anyone who's not necessarily in touch with your body yet. I was living not feeling well for way too long and then I think that's why I have such passion for the topic because I was just blown away by the fact that it couldn't be this simple, there's no way it's this simple, but it can be that simple. And I still, even when I just kind of slip on my diet, because I am human and I have something with too much sugar, I can definitely tell. It's not instantaneous always, but I always notice an effect in my mental health. It's really, really incredible to me.

Trudy Scott:

It really is. And you're fortunate that you saw such a big turnaround. I saw a big turnaround with dietary changes. I did need to add in some amino acids and a lot of my clients do as well, and we'll go into that in some other interviews. I'll actually be talking doing a deep dive into GABA for people who need more than just the diet changes. So we're all at different levels and can benefit from different aspects. But going back to the fact that some people just don't even know this, I saw a blog post just this week and it was titled My Kids Eat Fast Food And I'm Not Ashamed. And the mom was talking about how she takes her kids to fast food and she eats the fast food as well and guess what, she writes for a publication on ADD and ADHD. And I've got a feeling that her kids have issues and she has issues and I'm not judging her I just feel like I would like to get this message out to her and other moms who don't know this because it's so powerful. So the more we can spread this message the better people are going to feel.

Autumn Smith:

I know. And I'm so lucky that I was attuned to this because I have noticed my son is profoundly affected by food as well, which shouldn't be a surprise because I am too. But I noticed recently there's something called biogenic amines in foods and I was doing all the right things feeding him fermented food but he was reacting and somewhat had these aggressive tendencies I noticed that coincided with when I was feeding him these foods. And so had I not had this awareness I couldn't know to just remove those foods and he's back to his calm normal self. But yeah, this I just wish we

could scream it from the rooftops because everyone needs to know about this. There's a lot of power here.

Trudy Scott: Absolutely. And I'm glad you mentioned this with your son. Firstly I'm sorry that he had a reaction to it, but being in tune with this is important. And also realizing that something can be healthy. We're going to talk about fermented foods and how they're part of this ancestral diet and why it's so important. But fermented foods like sauerkraut are healthy but some people may have an issue with it. So being aware that even if it's a healthy food based on our own unique biochemistry it may not be the right food for you. And I actually have interviewed Julie Matthews. She's the autism nutrition expert for the summit and talking about anxiety and autism and her specialty is looking at special diets and how specific foods, like fermented foods or salicylates or oxalates, which can actually be helpful for some people can be problematic for others. And it may be a short-term thing but just being aware that there are all these nuances I think is really important. So thanks for bringing that up.

Autumn Smith: Yeah. It's something that a lot of people miss but definitely worthwhile to attune yourself to. And I love her work so it's wonderful.

Trudy Scott: Good. So I mentioned fermented foods, tell us why fermented foods are great and then I want to go into your beef sticks and how you actually use fermentation in your beef sticks. So maybe let's talk about, which makes more sense talk about fermented foods in general and then should be go into the beef sticks and the process on how you make them? Let's do that.

Autumn Smith: Yeah. That sounds great. So that association that we learned about earlier with Dr. Felice Jacka's research with the traditional diets and the improved markers on mental health, researchers are now believing that fermentation or fermented food could be partially responsible for that and they do seem to have a lot of benefits because the fermentation process increases those nutrient counts, it increases the enzyme so that we can use those nutrients more effectively. And so they're a really, really important part. They feed our microbiota, that microbiome, that we're learning so much about that is basically tied it to every illness, is profoundly affected by these fermented foods. And there's been a lot of research done. I think in the beginning it was mostly in animals and we found that supplementing them or giving them probiotics would have marked improvement in their depression, anxiety.

And more recently there was a study that came out of the University of Maryland in 2015 and it was the first kind of naturalistic study that looked at humans where they didn't manipulate the food intake they just looked at what are these people eating and are the people eating fermented food less likely to have social anxiety, which is the one they specifically looked at here. And what they found was that there was a profound difference in those who ate more fermented foods. So they took 700 students I believe and just gave them a little survey, but then they also accounted for factors like fruit and vegetable intake and exercise and they found even taking those variables into consideration those who ate more fermented foods were less socially anxious, and so that's just really, really exciting to me. And they're also going to explore the association with other illnesses and take it a little bit further. But they also find that fermented food specifically, even though probiotics do have their own benefits, that fermented foods have other bioactive proteins that might be really, really important as well as these probiotic bacteria. And so for some reason they seem to have an even more pronounced effect than probiotics do.

And Dr. Mercola I think he did some research on and measured just in one serving of fermented vegetables there was 10 trillion bacteria when compared to a probiotic, maybe 50 million CFU or colony forming units. And so that's basically you're getting a whole bottle of probiotics in that one serving of fermented vegetables and a lot more diversity. And I think that just speaks to the fact that this is a really, really new and exciting area of research, but there's still a lot that we don't know and whole foods have a synergy that we can't yet replicate and that we probably haven't even begun to understand. So probiotics and fermented foods they're both really, really important. I think that fermented foods are an especially important piece for those who are not sensitive, like it appears my son is.

Trudy Scott: Yeah. And I just think it's so exciting that they are researching food. I mean how cool is that that we're looking at food and how it can impact anxiety. We are really at exciting times and thank you for sharing that research.

Autumn Smith: Yeah. And that leads into why I'm so passionate about this topic and disseminating this information, but then when we started Paleo valley what we kind of realized there was more of a need for because a lot of people there are a lot of ambassadors trying to spread this information. But there was a giant hole in the market for actual snacks or great quality products that made a really

healthy nutrient dense diet possible. And so that's why we kind of went to the drawing board and we were like what can we do and what do we need and basically we, when we began this lifestyle, would go to the store and we really wanted to purchase the best quality of food because we knew that it was going to prevent all of these diseases in the future and make me feel better. And so we were willing to spend whatever we could, but there just weren't options.

And so we thought wow, well grass fed red meat, 100 percent grass fed red meat, because there are also grass fed red meat but it's not 100 percent, which means they could still be feeding them grain at the end, which can negate all of those benefits we talked to, or a lot of those benefits. So we started with that because we knew that had a really, really profound impact on mental health. I'm really, really passionate about that.

And plus beef sticks are just amazing to have. You can carry them in the airport. You can carry them to work. You can give them to your children. And so we created a really, really high-quality, or what we believed to be the highest quality beef stick. It was 100 percent grass fed beef, all organic spices and we were really, really proud.

This was the first beef stick that we made and then we found out that in the citric acid of the first iteration of our beef stick they were actually using, and this is kind of common place so if you're getting beef sticks right now and it says citric acid or lactic acid on the label it's really, really important to find the source of that. Because in our particular instance they were actually using genetically modified corn encapsulated in hydrogenated oil, which is just disastrous I know and it broke my heart. And I remember thinking wow, I had nothing but positive intentions creating this product but now I have to change it and we have to just stop production and start from the bottom, which is what we did.

And it's actually such a blessing now because I think the quality of our product and my passion for the product is at such an all time high. But we decided we have to ferment them. We have to go old world style. This is just like our ancestors did. So I got on the phone. I called hundreds of manufacturers and no one wants to ferment beef sticks because the process takes four times longer so it doesn't make a lot of sense. But I finally found someone willing to do it and he was in a remote place in Wisconsin actually and so we did it. We fermented them and what that means is they're just using that bacteria, that bacteria is preserving them, which

eliminates the need for any hydrogenated oils, any GMO's, any coloring agents, any preservatives and it results in the production of naturally occurring probiotics, which we talked about really beneficial for your gut health and your mental health. So we have this high-quality product that is preserved using fermentation and I just couldn't be more excited about sharing it with people.

Trudy Scott: Wonderful. So we've got the red meat, we've got the fermentation, we don't have the bad stuff like the GMO's and the hydrogenated oils and we've got something that's a healthy snack for blood sugar control so it's a perfect combination. It really is. Now you've actually had third-party analysis look at the good bacteria in the beef sticks?

Autumn Smith: Yeah we have. I was so excited to do that. And we found there's about 675, we've done it twice and the first time about 675 million colony forming units and then the second time it was closer to a billion. So there is a range but it's still a significant range. And the predominant species is bacillus pumilus. There's not a lot of data about this particular species, but what we do know is that it is antagonistic to pathogenic species so that is a really, really important part of the equation in cultivating that gut health.

Trudy Scott: Excellent. And that's so interesting that you couldn't find anyone or you had a hard time finding people wanting to do this because it took longer and what you're really doing is going back to this whole ancestral concept where you're going back to our roots and making a product that makes what was made before we had the ingredients and the processes that we have today. And we're in such a rush to try and get things done quickly that we want to take shortcuts and then our health suffers because you've got these nasty ingredients. So I'm glad you found someone to make them. What I didn't mention is that they are delicious. They really are delicious.

Autumn Smith: Well, I'm so glad you think so. And the best is yet to come because I loved our first two. We have the original and we have the jalapeño, but we also have a summer sausage and a garlic summer sausage coming out and they are just wow. They just make me so much more excited than the other two, even though I love them.

And something I didn't mention too that I wanted to point out is that in those beef sticks I mention that there was GMO's and hydrogenated oils, and people know, yes these are detrimental to your physical health, but there are also really, really specific

considerations for mental health as well. Specifically with the GMO piece and the fact that pesticides used and sprayed on GMO's actually disrupt what is called the shikimate pathway, which we don't have and that's why Monsanto says that they're safe because they know that pesticides work on that pathway in the plants but they claim that humans do not. And that's true, but our gut bacteria do have that pathway. And unfortunately that pathway is partially responsible for creating our tryptophan, which is the precursor to serotonin, which is a neurotransmitter that is highly implicated in anxiety when the levels are low.

So I was just mortified with the fact that the beef sticks I made originally could maybe detrimentally affect mental health. But now they don't. Now the new version are actually benefiting it in every single way I can find. And the other piece I wanted to mention is that we know sometimes high-quality snacks are a bit more expensive, but the way we designed our company our priorities are simply just to get high-quality food into the hands of as many people as possible. And people often ask us well why don't you sell them in stores? Why aren't you looking to distribute them at Whole Foods? And that's because we want to keep them on our website so that we can keep our margins low so that we can pass the savings right onto our consumers. Because if we had to go into stores there's a lot of other fees associated with that. And our beef sticks would go from affordable to probably not affordable for a lot of people and that's the opposite of what we want. So, I just wanted to mention that too. We're really, really trying as hard as we can to spread these to the masses so that everyone can feel radiant and vibrant and incredible and just happy.

Trudy Scott:

Great. I love it. And I'm glad you mentioned the convenience aspect. I'm on the road a lot traveling, speaking, going to conferences and I'm always taking my travel food with me. Being South African the term for travel food is padkos so I'm always taking food for the road. And these are so handy. I'm a big fan of taking boiled eggs with me and this is a great addition. I also love pemmican, which is a fat-based food that is easy to travel with. And taking this and some fruit is so handy. And I love the fact that it travels, it doesn't need to be refrigerated, which is really, really handy. And that's because of the fermentation process, correct?

Autumn Smith:

Exactly. Yeah. Without refrigeration would stop that fermentation process, they're good for about six months. So yeah you have a lot of time and they don't last that long around our house so yeah definitely perfect for travel. Because you know when you're in

airports there is nothing to eat and I found that I don't want to start off my trip or my business trip or whatever I'm going on in a bad way. And sometimes if you don't have that good quality food it can go that direction. And so I think it's so important for me and my family and hopefully your family as well.

Trudy Scott: Yes. And the airport thing is a big issue. We need your products in airports.

Autumn Smith: I know. Maybe we'll make an exception for airports.

Trudy Scott: Okay. Good. People will be desperate enough to pay anything when they see all of the other terrible foods in those airports. Oh my gosh it's just so terrible. And I've seen so many airports that have these labels portraying this "healthy food" and you go and look at the ingredients and they're terrible. So I think they're realizing that people want healthy options but they haven't quite got there yet in terms of finding a quality product so you'll have to talk to them about yours. This has been really fantastic Autumn. It's been great. I know that you have an anti-anxiety protocol that you're going to make available to folks who've been listening so they can learn more about how to make some of these changes. Tell us a little bit about that.

Autumn Smith: Yeah. It is actually my thesis. I had to create a protocol for my thesis and I want to share that with all of your listeners. Like Trudy said it is in the bare bones just the basics, just working strictly with dietary therapy here, maybe a few supplements, but I would be happy to share that with your listeners. And you will just find that at Paleovalley.com/Trudy.

Trudy Scott: Fantastic. Thanks for making that available. I believe it's not something that you've made available before so I'm excited to be sharing it with everyone. Thanks for doing that. And I've read your thesis and it's fabulous and I'm pleased that we can share this. And the information you've shared today has just been so great it's been super having you.

And then the other thing that we wanted to mention is for folks who may want to try these beautiful hundred percent grass fed meat sticks. You've got a great offer, a discount so folks can actually try them out.

Autumn Smith: Yeah. We're going to offer you this news, 30 percent off and that's a really, really significant discount. Because like I said, we are already cutting out those middlemen and trying to keep the cost as

low as possible. So yeah, we would love to offer that. And it has just been such an honor to be your guest because you were cited in my thesis so many times and your work has just left such an impact on me and these *Anxiety Summits*. I've listened to every one and just thank you so much for letting me be part of it.

Trudy Scott:

I'm just so, so pleased to have had you speak. Pleased that you have this mission to reach and impact so many people and that you've actually created something that people can actually use to do it. Because so often we know that we need to make these changes and it's difficult. And when you're in the midst of figuring out what the root cause of your anxiety is and your panic attacks sometimes you don't have time to make healthy meals or that might be a slow process. So having something on hand I think is wonderful and this is a great resource for clients and for people who are looking for something handy. And certainly if you're a mom and you're in a rush and you want to give something to your kids I think it's wonderful. So I'm really pleased that we had you come and speak and share this and thanks a lot for your passion and your excitement. I can hear it so much in your voice. I'm excited for the next steps and the rest of the connections that we're going to make going forward. It's really great. I just want to find out if there's anything we didn't talk about that you wanted to mention or any final words of wisdom for us?

Autumn Smith:

Wow. I think we've covered everything I wanted to say. Also that I just am so excited that we've created these beef sticks and that's awesome and that's my life's work thus far, but I am just dedicated to creating a lot of other products that not only remove problematic ingredients but that actually add in ingredients that promote thriving health. So I just hope you stay tuned and love our beef sticks and thank you for having me on.

Trudy Scott:

You're welcome. So this is just the start. That's what you say.

Autumn Smith:

That's what I'm saying. Yes I'm really, really committed to bettering your health if you'll come with me on this journey.

Trudy Scott:

Well, I'm excited to come on the journey and I'm sure everyone will be as well. And something I forgot to mention is that part of this is education around eating. So part of what you offer is a Paleo eating plan. So if you are wanting to learn more about that that's something else that you offer and it's part of your education to teach people how to eat well. So that's offering good products and then offering education so you can make your own homemade food as well.

Autumn Smith: Yeah. And definitely it seems like well where did this Paleo piece come from in the literature, if you're familiar with Dr. Jacka I think she looked specifically at the Mediterranean diet or variations thereof and that does include whole grains. But my kind of philosophy on that is that because whole grains often contain gluten and they're problematic for blood sugar that Paleo is actually probably an improvement on some of these traditional diets that we're seeing to have these profound mental health benefits. And so yes I would love to help you. If you have questions you can definitely reach out Autumn@Paleovalley.com. I would be happy to share everything I know with you.

Trudy Scott: Okay. Great. And thanks for making that clarification about the Jacka research because I think some of the research that we've seen on real whole foods diets, traditional diets versus the standard American or the standard Australian diet, maybe in her instance, they didn't remove some of the things that we are suggesting that maybe problematic like gluten. It's a big, big, big factor. But that's sort of laying the foundation of the research. They start with that research and then they will go deeper and start looking at possibly removing some of these problematic foods. And there obviously is tons of the research outside of the work of Dr. Felice Jacka looking at the impacts of gluten on anxiety and social anxiety and OCD and so many other mental health disorders, including bipolar disorder. So it is a big factor and just putting all these pieces together I think is really important. And then, as I said, providing other healthy foods or resources so you can make your own healthy foods is just so wonderful. So thank you so much for being here and thank you so much for your passion and enthusiasm and I wish you much success on your journey and reaching all these people.

Autumn Smith: Thank you. Likewise Trudy. Great to be here.

Trudy Scott: Thanks a lot. Thanks Autumn and thank you everyone for joining us on another fabulous interview on *The Anxiety Summit*. This is Trudy Scott signing off.

Speaker Blog: <http://www.everywomanover29.com/blog/grass-fed-beef-fermented-food-paleovalley/>

Autumn Fladmo Smith, co-founder Paleo valley



Autumn Fladmo Smith has been a health enthusiast her entire life. She began her academic career with a Bachelor's degree in psychology and a minor in dance from the University of Montana. Upon graduation, Autumn danced professionally while becoming a certified yoga instructor. Hoping to combine her love of dance with her passion for health, Autumn became a celebrity fitness trainer with Tracy Anderson, most notably completing a world tour with Jennifer Lopez.

While working as a fitness trainer, Autumn could see that exercise alone was not enough for many of her clients to achieve the radiant health they worked so hard to achieve. Meanwhile, Irritable Bowel Syndrome (IBS) and anxiety continued to plague her personal health, starting in adolescence. These frustrations further ignited her passion and interest in the study of holistic nutrition. Through self-guided research, she and her husband, Chas, healed her IBS with the paleo diet. She then studied with the Institute for the Psychology of Eating to become a Certified Eating Psychology Coach and Hawthorn University where she obtained a Masters in Holistic Nutrition. In 2013, she founded Paleo valley with her husband and brother-in-law. Paleo valley's mission is to disseminate excellent nutritional information and organic food products with 100 million people worldwide. Autumn's commitment to health reached new heights last year following the birth of their son, Maverick.

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.

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