

# A Nutritional Approach for Relief from Anxiety

October 2018 Sydney MINDD meetup



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[www.everywomanover29.com](http://www.everywomanover29.com)

[www.antianxietyfoodsolution.com](http://www.antianxietyfoodsolution.com)

[www.theAnxietySummit.com](http://www.theAnxietySummit.com)

[www.anxietynutritioninstitute.com](http://www.anxietynutritioninstitute.com)

- ▶ My story and the stats
- ▶ Step #1 Real whole foods for mental health
- ▶ Step #2 Remove sugar & balance blood sugar
- ▶ Step #3 Remove caffeine
- ▶ Step #4 Remove gluten
- ▶ Step #5 Optimize digestion
- ▶ Step #6 Balance brain chemistry/amino acids
- ▶ Step #7 Address pyroluria
- ▶ Step #8 Vitamin D, meds & more
- ▶ Step #9 Lifestyle





DISCOVER THE  
AMAZING POWER OF  
FOODS & NUTRIENTS!

# the anti-anxiety food solution



How the Foods  
You Eat Can Help  
You Calm Your  
Anxious Mind,  
Improve Your Mood  
& End Cravings

TRUDY SCOTT, CN  
Foreword by James Lake, MD

# More about me

- ▶ Nutritionist helping women overcome anxiety with food & amino acids
- ▶ They help their children + families
- ▶ Known for my amino acid expertise + pyroluria + harmful effects of benzodiazepines
- ▶ Education for practitioners such as nutritionists, doctors, therapists, nurses, health coaches, social workers etc - anyone using nutritional/functional medicine approaches



# Anxiety in Australia: adults

- ▶ Estimated 45% will experience a mental health condition in their lifetime
- ▶ Anxiety is the most common mental health condition
- ▶ In any one year over 2 million adults have anxiety (over 1 million have depression)
- ▶ 1 in 3 women experience anxiety
- ▶ 1 in 5 men experience anxiety (and men are less likely to seek help)

[[Beyondblue.org.au](http://Beyondblue.org.au)]



# Anxiety in Australia: youth

- ▶ 1 in 14 young Australians aged 4-17 experienced an anxiety disorder in 2015 (close to 7%)
- ▶ Most teens (4 out of 5) think people their age may not seek support because they're afraid of what others will think of them



[[Beyondblue.org.au](http://Beyondblue.org.au)]

# Step #1 Power of real whole foods for anxiety



# Real whole foods & biochemical individuality

“Eating **real, whole, good-quality food** is the foundation of any program to prevent and alleviate anxiety, obsessive tendencies, worry, panic attacks, and depression, as well as to maintain optimal mental health...

**combined with eating according to your own unique needs”**

*~ The Antianxiety Food Solution*





## Anxiety/depression in Australian women: whole foods diet study (Jacka 2010)

- ▶ Lower risk of *depression and anxiety* with “Traditional diet” - vegetables, fruits, fish, whole grains, grass-fed red meat
- ▶ vs “Western” diet - processed & fried foods, refined grains, sugary products, beer
- ▶ and vs “Modern” diet - fruit, salads, fish, tofu, beans, nuts, yogurt, red wine

[*American Journal of Psychiatry* 2010]

## Australian adolescent (11 to 18 yrs) diet study (Jacka 2011)

- ▶ Healthy diet: 2+ fruits & 4+ vegetables per day, breakfast & healthy snacks, packed lunch AND no processed foods incl chips, fried foods, chocolate, sweets & ice cream
- ▶ “Children whose diets got worse had a worsening in their mental health”
- ▶ “Those whose diet improved had improved mental health”
- ▶ Similar study for bipolar disorder

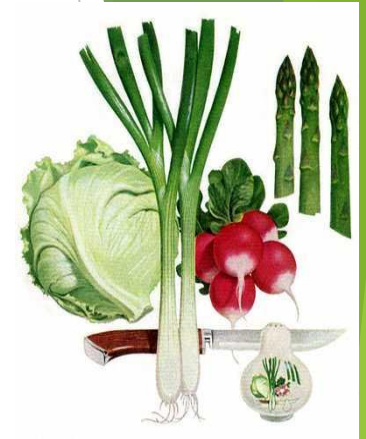
# SMILES trial: first RCT looking at diet as a therapeutic approach for depression/anxiety (Jacka 2017)

- ▶ **ONE THIRD** saw improvements in their anxiety and depression symptoms
- ▶ Switched from processed/junk food to real food
- ▶ No specific dietary restrictions!
- ▶ More affordable (\$112 per week vs \$138 per week)



# The Antianxiety Food Solution diet

- ▶ 4 diets (real, whole, good-quality foods):
  - ▶ Gluten-free
  - ▶ Gluten/dairy-free
  - ▶ Paleo/GAPS
  - ▶ Traditional
- ▶ Eat frequently enough, keep hydrated
- ▶ Eat quality animal protein & healthy fats
- ▶ Eat non-starchy fresh vegetables, fresh fruit
- ▶ Avoid empty foods: sugar/fast food
- ▶ Eat bonus foods: bone broths/liver/sauerkraut



# Grass-fed red meat



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# My Prof. Jacka interview on the Anxiety Summit (June 2014)

- ▶ “Out of every single dietary food grouping... including vegetables, fruits, salads, beans the strongest correlate of mental health was [grass-fed] red meat intake”
- ▶ “Consistently, women who have less than the recommended intake of red meat seem to be at an increased risk for common mental disorders”

# Antidepressant foods: An evidence-based nutrient profiling system for depression (Sept 2018)

- ▶ 12 antidepressant nutrients: folate, iron, omega-3 fatty acids (EPA and DHA), magnesium, potassium, selenium, thiamine, vitamin A, vitamin B6, vitamin B12, vitamin C and zinc
- ▶ highest scoring animal foods: oysters, mussels, seafoods, organ meats
- ▶ highest scoring plant foods: leafy greens, lettuces, peppers, cruciferous vegetables

# Good mood food: blueberries

- ▶ Neuro-Protective Efficacy of Blueberry in an Animal Model of PTSD: serotonin boost
- ▶ Great snack: fresh or frozen
- ▶ Use in a smoothie
- ▶ Dessert with cream/coconut milk



# Good mood food: pumpkin seeds

- ▶ Rich in zinc and tryptophan
- ▶ Good zinc:copper ratio
- ▶ Research: functional food reduced social anxiety & insomnia improved
- ▶ Great snack: soak & roast with olive oil, turmeric, ginger, sea salt



# Step #2 Sugar & Blood Sugar





# Emotional & physical signs of low blood sugar

- ▶ Irritability, agitation, nervousness, anxiety, phobias and fears, depression
- ▶ Shaky between meals or with skipped meals
- ▶ Poor memory, focus and fatigue
- ▶ Feeling stressed and overwhelmed
- ▶ Intense sweet cravings
- ▶ Waking in the night

# How to control low blood sugar

- ▶ Breakfast - with protein
- ▶ Protein: egg/sausage/veggie omelet
- ▶ Adults: no coffee before breakfast
- ▶ Protein & fats at 3 meals & 3-4 snacks
- ▶ Snacks thru the day: hummus/ carrots, nuts/apple, egg, jerky/biltong
- ▶ Amino acid supplement: glutamine
- ▶ Get a lunch box/cooler



# Step #3 Remove Caffeine

- ▶ Side effects: increased heart rate, restlessness, anxiety, depression, tremors, insomnia
- ▶ Subset more sensitive: panic disorder & social anxiety
- ▶ Rooibos lowers high cortisol/helps with stress reduction
- ▶ Tulsi/holy basil has potential anti-stress effects



# Step #4 Remove Gluten

- ▶ Research on gluten and social phobia, depression, schizophrenia, bipolar
- ▶ Gluten sensitivity: “undertreated and underrecognized as a contributing factor to psychiatric” conditions [Jackson 2012]
- ▶ Group with anxiety not benefitting from antianxiety medications → gluten removal & anxiety completely resolved! [Potocki 2002]
- ▶ Addicting / withdrawal symptoms - amino acids help!



# #5 Digestion

- ▶ Probiotics → incr good bacteria & decrease in anxiety & depression [Rao 2009]
- ▶ Eat slowly, chew your food, eat sitting down, family meals
- ▶ Address low stomach acid
- ▶ Add fermented foods: yogurt, kefir & sauerkraut





# Step #6 Balance brain chemistry

**#1 SEROTONIN**  
Positive  
Confident, calm  
Flexible  
Easy-going

**#3 CATECHOLAMINES**  
Energized  
Upbeat  
Alert

**#2 GABA**  
Relaxed  
Stress-free  
Calm

**#4 ENDORPHINS**  
Pleasure  
Euphoria  
Feelings of comfort

# Low Serotonin Symptoms

- ▶ Anxiety
- ▶ Panic attacks, phobias
- ▶ Worried or fearful
- ▶ Depression, negativity
- ▶ Winter blues/anxiety
- ▶ Suicidal
- ▶ Rage, anger
- ▶ Afternoon/evening cravings
- ▶ PMS
- ▶ Irritable
- ▶ TMJ, fibromyalgia
- ▶ Insomnia
- ▶ Low self-esteem
- ▶ Self-criticism
- ▶ Obsessive
- ▶ Digestive issues

# Low GABA symptoms

- ▶ Anxious
- ▶ Wired
- ▶ Worried/fearful
- ▶ Panic attacks
- ▶ Stressed
- ▶ Overwhelmed
- ▶ Stiff/tense muscles
- ▶ Eat sugar/drink wine to relax



# Low catecholamines/endorphins

- ▶ Low catecholamines
  - ▶ Need for caffeine or sugar for energy/focus/depression
- ▶ Low endorphins
  - ▶ Comfort or reward eating
  - ▶ Love certain foods (ice-cream, cereal, choc)



[[www.everywomanover29.com/blog/amino-acids-mood-questionnaire-from-the-antianxiety-food-solution/](http://www.everywomanover29.com/blog/amino-acids-mood-questionnaire-from-the-antianxiety-food-solution/)]

# Use amino acids as supplements to address neurotransmitter imbalances

- ▶ Low serotonin: 5-HTP or tryptophan
- ▶ Low GABA: GABA, theanine
- ▶ Low catecholamines: tyrosine
- ▶ Low endorphins: DPA (d-phenylalanine)
- ▶ Low blood sugar: glutamine
- ▶ They ease anxiety, depression AND make the dietary changes easy i.e. stop the cravings, no willpower!



## Step #7 Address pyroluria

- ▶ Anxiety, inner tension, anti-social, shy, no dreams or nightmares, depression, morning nausea, all-girl family, joints pop, anemia, vegetarian, poor appetite/smell/taste, stretch marks, white flecks on nails
- ▶ Introverts with anxiety? Dystonia? Miscarriages?
- ▶ Higher need for zinc and B6
- ▶ Needed to make serotonin + help PMS
- ▶ GLA/omega-6 and NOT omega-3s (as supps)

# #8 Other factors + #9 Lifestyle



- ▶ Adrenals, sex hormone & thyroid
- ▶ Low Vitamin D: 50+ is ideal
- ▶ Cholesterol < 160 → depression & suicide
- ▶ Benzodiazapines: tolerance, withdrawal, dementia
- ▶ Meds & nutrient depletions: birth control pill lowers vitamin B6
- ▶ Exercise, nature, yoga, toxins

# Case study: Breakfast & gluten

- ▶ Female, 12 years old, anxious, obsessive, ADHD
- ▶ Gluten-free + breakfast to include protein (eggs, sausage) + protein each meal
- ▶ Within 2 weeks: “I’m happy, I’m not anxious & my grades are better. I’m not constipated any more & I don’t ever get diarrhea”
- ▶ Mom says: not obsessive



# Case study: Gluten-free + aminos

- ▶ Female, 30s, eczema, *anxious, depressed*, loved chocolate chip cookies
- ▶ Gluten-free plus GABA & tryptophan for cravings/ breaking the addiction
- ▶ Immediate mood improvement



# Case study: Gluten-free + aminos (2)

- ▶ Week 1: no skin improvement (found wheat in whey protein)
- ▶ Week 2: truly gluten-free
- ▶ Dramatic improvement in eczema!
- ▶ Mood improved even more
- ▶ Worked with doc to quit antidepressant
- ▶ Able to stop amino acids
- ▶ “I’m back - this is me!”



# Case study: anger, insomnia, anxiety and carb cravings in 11 year old

Explosive anger, insomnia, anxiety, depression, fatigue, loves candies, high-carb diet (bread)

Anemic: iron supp & encouraged to eat meat

Gluten-free trial: very bad anger outbursts when bread added back

Gluten → low iron & low serotonin

Tryptophan: trial of 100mg for love of candy/bread



# Case study: GABA for ADHD & anxiety

- ▶ Pre-teen: eating real food, gluten-free
- ▶ “Irritable, fighting with her teacher and schoolmates, couldn’t focus, distracted by anything and everything, constantly disrupting class, throwing major tantrums”
- ▶ Sublingual GABA eased her anxiety & allowed her to focus
- ▶ “She’s almost like different child. GABA has truly changed our life!”

# International Society for Nutritional Psychiatry Research (ISNPR): position statement

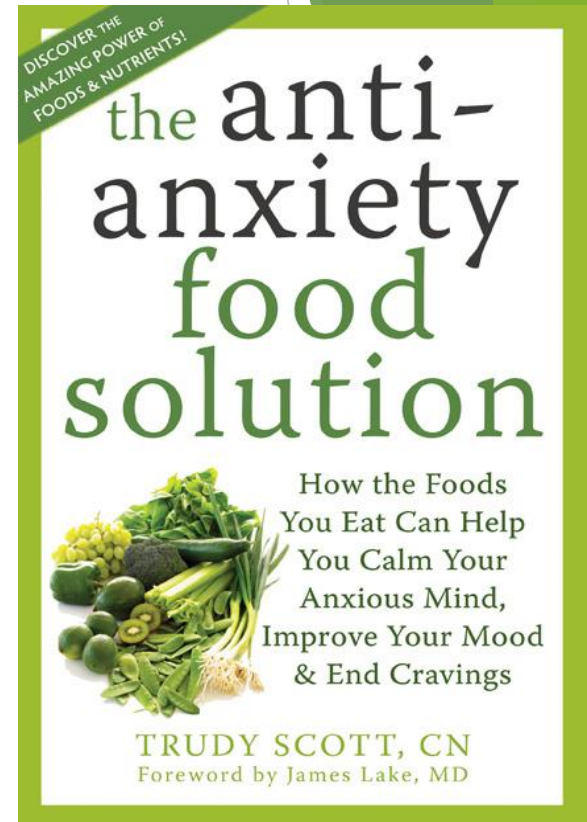
“Present treatment of mental disorders is achieving sub-optimal outcomes; in addition little attention is given to preventative efforts.

....Diet and nutrition offer key modifiable targets for the prevention of mental disorders and have a fundamental role in the promotion of mental health.”

[*World Psychiatry*, 2015]

# Additional Resources

- ▶ My book: *The Antianxiety Food Solution*
- ▶ My blog - ask questions, share successes, learn, be inspired:  
[www.everywomanover29.com/blog](http://www.everywomanover29.com/blog)
- ▶ Join the conversation on Facebook:  
[TrudyScottAntianxietyFoodSolution](https://www.facebook.com/TrudyScottAntianxietyFoodSolution)
- ▶ Online training for practitioners  
[www.AnxietyNutritionInstitute.com](http://www.AnxietyNutritionInstitute.com)
- ▶ The Anxiety Summit Seasons 1-4  
[www.theAnxietySummit.com](http://www.theAnxietySummit.com) (get access to 5 favorite interviews)



THANK YOU!