



Trudy Scott

Emotional Eating Solution:
Amazing Amino Acids to
Eliminate Comfort Eating

THE COMPLETE
HOLISTIC
WEIGHT LOSS
COLLECTION
TRANSCRIPTS

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EMOTIONAL EATING SOLUTION: AMAZING AMINO ACIDS TO ELIMINATE COMFORT EATING

Shelley: My first question for you is you've had an amazing transformation with your own health, please share more with us about your journey back to optimal health.

Trudy: My transformation with my health had – it's been a gift to me because I now use my passion to help problems. I was actually working in corporate America. I was working really long hours, I wasn't getting enough sleep, I was eating a diet that didn't suit my own biochemistry and I was going through hormonal changes.

I was going through perimenopause. It was my late 30s and I started to feel anxious which is crazy because I'm a busy person, I've traveled the world, I've backpacked everywhere. I had done crazy things in my life, I've been ice climbing, to the top of Mt. Kilimanjaro. So I'm not an anxious type of person. I'm an adventurous type of person.

But I would wait with this fear in the early hours, fear of everything for no reason and I actually had three panic attacks and I was terrible. I thought I was going to die. It was just so, so scary, I clearly remember the racing hearts, the hyperventilating, the thought of what's going to happen, I can't get enough oxygen and trying to run outside to get some oxygen.

That was really, really scary. I actually worked with a wonderful nurse practitioner and a naturopathic physician and started to see this incredible connection between what we eat and how we feel emotionally. Long story short is I changed my diet, I got on some nutrients, I addressed my adrenal health. I actually have this genetic condition called pyroluria which requires a high need for certain nutrients and zinc and B6 are two of those nutrients and certainly turned my life around and was so amazed with what foods and nutrients could do that I said to my naturopath, I've got to learn more about this you know. I want to share it with everyone.

She recommended a wonderful nutrition school and I went back to school to become a nutritionist and eventually left my corporate job, became a nutritionist and now I help other women with mood problems, anxiety, depression, emotional eating. Because often when we've got brain chemicals that are out of balance, we are drawn to foods that give us comfort.

I now share this information with women who are looking for natural solutions. You know, part of my journey was writing a book and my book is very helpful to a lot of people. Although it focuses on anxiety as a subtitle, is improve your mood and also reduce your cravings. Because a lot of the things that we do to improve our mood also stops some of those sugar cravings.



Shelley: Wow. What a story. What happens when you're empowered with your own health, you know, you saw just by adding a few things that this is a way to bring yourself back into balance and it drove you deeper into a truth, you know. Now you're able to convey that truth to others and help them and have written a book and you're writing more books. It's really a beautiful transformation story. In your view, why is a holistic approach to weight loss so important?

Trudy: Because we've got to look at the whole person and you know, one important thing that we've got to keep in mind is that we are all unique. We've got our own biochemical individuality so there is no one size fits all. So you know, we've got to do what we need. You know, my issues are the things that someone else may not have those same issues, they may need to deal with something else. So finding what is unique to you is important but also we want this

holistic approach because we can go on a diet and lose weight and we can look great and look fabulous but we can start to feel sad or we may feel deprived or we may feel anxious or we may be drawn to comfort foods and be having to use willpower all the time and that's tiring. I meant

that's exhausting, it really is.

So I believe if we use a holistic approach we can deal with the underlying cause of why we crave certain foods, why we need comfort foods for example, why we eat when we're stressed.

Maybe we've got to address adrenal issues, maybe we've got to address thyroid health, gut health. The gut is so important to overall health.

When we fix what's wrong so that we become healthy then weight loss becomes on our side benefit. So we can look great and we can actually feel great as well. You know, I see a fan of mine on Facebook posted something that I'd like to share with you because she just summed it so beautifully. She said for 40 years I've thought of food in only two ways, food that makes you fat and food that doesn't make you fat. I had finally begun to see the profound effect that food has on my emotions and overall happiness.

This didn't shock me but it does. For the first time I'm realizing that what's most important is starting to think about how food makes me feel rather than how food makes me look. I think that is – you know, she just summed it beautifully.

Shelley: That is a beautiful summary too. The holistic approach makes sense and you're a leading expert in emotional eating. One of the most fascinating insights you teach about diet and cravings has to do with the simple yet important supplement that literally takes no willpower or feeling of being deprived. Please share more with us about that.



Trudy: Again going back to what I said there's biochemical individuality. So not everyone may benefit from the supplement that I'm going to talk about. I do want to also just say that I'm a fan of food first so the first thing that I do with all my clients is we talk about real whole food and we talk about balancing blood sugar and a whole host of other things.

But I have had the most amazing success using individual amino acid supplements with my clients and keep in mind amino acids are building blocks of proteins and they are used to help make these brain chemicals. There is one particular brain chemical called endorphins which can actually cause you to have these symptoms which results in big time emotional eating.

So you will crave comfort foods and you will just love to have this reward or this treat. An example is I love chocolates you know, or I love chocolate chip cookies and when someone says to me with that amount of passion and I can almost see the little tear in their eyes, I love something. I deserve it you know. This is an emotional connection to food.

Then you could think about that maybe low endorphins is a factor. Now as a symptom of low endorphins is as well as this emotional connection, you may have physical pain and you may cry or tear up easily. So if watch an advert on TV and it's a mom and a daughter you may feel more emotional than somebody else.

The amino acid that actually completely turns us around so you don't feel the past, so your comfort level is not affected so you don't have to use willpower is an amino acid called DPA and it stands for d-phenyl alanine.

It's an individual supplement and like the other amino acids you take it between meals. What it does is actually gives you an endorphin boost. Just like if you go for a run and you get that endorphin high, you will get an endorphin boost from this amino acid called DPA.

The wonderful thing with the amino acids is you get results right away. When I'm working with someone in the office, I will often ask what's your comfort food, what do you absolutely love and they will say I love chocolate and we'll say well how much do you love it on a scale of 1 to

If you could never have it again how would you feel and they say wow it's a 10. If you took it away from me I'd be devastated. I'd be heartbroken and I love it. Then I tried the DPA and I did this in the office and then I worked with people over the phone and say we'll do it over phone if we're working over the phone.

But I will have them try the DPAs there and then right away and within five minutes they can say, ha I feel fine. I can't believe I was so emotionally connected to that truth I feel like someone gave me a big hug and that's what we're aiming for.



What the DPA actually does is it destroys an enzyme that breaks down the endorphins. So in a sense it's raising your endorphins and it will make you feel good. Now this is one amino acid. I work with five of these – there's five different amino acids that I work with but this is a big one when it comes to emotional eating.

Shelley: Wow. I haven't learned that layer of the supplement that you're talking about and what chocolate is actually doing. I mean I always understood for the dopamine and the oxytocin but I didn't know that actually has an enzyme that breaks down the endorphin.

Trudy: I mean it's a good comment you made about for example the catecholamines or dopamine is that you can crave certain foods for different reasons and there's a good answer for each of those reasons.

So if it's a comfort feeling and this reward and the feeling of being deprived then it's you want to boost the endorphins. If you are eating chocolate to give you energy and to boost your mood in another way, then it could be that it's low dopamine and there's also low serotonin

which is when you are using chocolate to make you feel happier.

Shelley: Yeah.

Trudy: You may use chocolate to calm you down and then it's low dopamine symptom. So sweets and carbohydrates and sugary foods could be deficiencies in any of these areas and some people it's all the areas. But the DPA is particularly good for this emotional, this emotional eating.

Shelley: Yes. The emotional eating and that's one big area when it comes to our imbalances with our connection to food and why sometimes we're gaining weight because we aren't realizing with the stress what we're doing we're covering up our emotion. When it's a simple step like that and there's no willpower to be a part of the balancing yourself out it sounds like a really important piece to know. And the other thing is what it's doing, it's addressing this underlying deficiency that you have. It's not a Band-Aid. It's actually addressing the deficiency.

There are some other things that actually raise endorphins. Exercise raises endorphins, giving actually raises endorphins or you give of your time or services or gifts, it raises your endorphins. Think about how good you feel when someone surprise you. That actually raises your endorphins.

Trudy: Yeah.

Shelley: So you know, you can achieve it with the amino acid, the DPA and you can also achieve it by doing good things in your life.



An important key that you also discussed in hormonal and brain chemical balance is how eating real food and even red meat can help when it comes to emotional eating. Please define for our listeners what real food is and how this works with our emotions.

Trudy: So real whole foods means going back to basics and eating according to our own biochemistry. So we want to be eating real foods, think about what our grandparents used to eat, think about what you would get on the farm. Obviously you don't want to be eating the fast foods. You don't want to be eating processed foods and eating real whole foods is going

to give us all those nutrients that we need. I want to just also say that the other thing that when it comes eating real food is we want to eat according to our own biochemistry. I did mention that earlier. Some people need more of certain things than others but red meat is healthy provided it is good quality red meat. I wanted to talk about red meat today because a lot of people are under the assumption that it's not healthy and I'll work with a lot of women who will say to me, I'm so pleased I've given up red meat. When I tell them it's actually for them, they are very excited and they actually tell me wow my husband is going to be pretty excited too.

Shelley: [Laughs]

Trudy: Because you know, grass fed red meat is very, very different from feed red meat. It has more of the omega-3's. Actually grass-fed red meat has a similar amount of omega-3's examined. It's got all the amino acids and we just talked about how important the amino acids are for brain chemistry. It also has good levels of iron and a lot of women that I work with are deficient in iron and that could make you tired and if you're tired you maybe go for more sugary foods which is going to contribute to the weight gain as well. Also a good source of zinc and zinc is important for blood sugar control and we lose a lot of zinc when we eat a lot of sugar.

So we may be depleted in zinc if we're not eating a healthy diet and getting some grass-fed red meats is going to be wonderful.

It also contains a nutrient called CLA, conjugated linoleic acid, which as well as being cancer protected actually has been shown to help with weight loss. Red meat is fabulous. It helps to stabilize blood sugar. It gives us all these amazing nutrients and there's actually research now showing that red meat incorporated into a healthy diet is helpful for mood problems.

There's a study that came out of Australia that showed with actually looking at the DASH diet which is the diet that helps with high blood pressure that the women who were eating this diet that also included lean red meat found that they had less depression. So if you are someone who is eating because you're depressed and you include some you know, red meat as part of a real whole foods diet you may find a boost in your mood as well. I certainly see that with my clients.



Problems are very commonly associated with low protein consumption and so near low animal protein consumption.

Shelley: When I was 18, I started vegetarianism actually. When I was 16 I wanted to but it was only when I left home that I started doing that and making my own meals and knew what I wanted to eat. I was a vegetarian for quite a few years and when I became pregnant my body said meat, red meat. It's interesting because there was something very balancing in it that my body was signaling I need this. I felt the shifts and the changes and just it was very obvious to me. So for me it works and I see the science behind it --

Trudy: Yes. I'm glad you said that and you know just going back to the science behind it that the studies that you need to look at are those that come out of Australia. Because if you read the study and it says red meat is unhealthy, there's likely no differentiation as to what quality of red meat it is.

But the studies that come out of Australia they tend to be most of the red meat in Australia is grass fed. So if you're reading a study from Australia you can be assured that it's probably grass fed which is very different.

Shelley: Uh-hum. Uh-hum.

Trudy: I'm glad you shared your story because with vegetarianism because I was a vegetarian when my anxiety problems I think were part and parcel of my diet. I had become a vegetarian and I was eating a lot of soy. I was eating soy every --

Shelley: Yeah.

Trudy: And I think it really affected my digestive system and it was amazing when I was a vegetarian no one could have convinced me that I needed to change and I knew that I would go back to eating meat and I needed it as well. So it's challenging for some people who are vegetarian especially when they are concerned about --

Shelley: Morals. Yeah.

Trudy: --moral reasons and animals and I really appreciate their concerns because I was there. You've got to think about you know, I would say to my clients who are fasting and was going back to eating meat what you can achieve in this world, how much good can you do when you are in good shape and you feel good.

And you know, you're in much better shape for taking of yourself and your family when you feel good. So you've got to think about yourself.



Shelley: Yeah and that's it. You have to outweigh what's going on and you can at this point in modern culture source good red meat like you're saying in Australia it tends to be grass-fed meat. In North America here, you know, you can find it. I remember we got to know a farmer who raised elk and bison and he raised them ethically and treated them well. They were grass-fed and yeah so there are ways you can find the right people that are also working from that conscious place with the animals so.

Trudy: Absolutely.

Shelley: It's beautiful

Trudy: You know, I wanted to say one thing as well is the quantity because a lot of people say oh it's more expensive but you don't need a giant piece of meat on your plate with a small serving of vegetables. What you want to actually think about is a mountain of vegetables with a small portion about the palm size of meat. That way, you know, you're going to eat less and you'll only need about 20 to 30 grams of protein per meal. So you know, if there's concerns about the cost think about the smaller portions but then also think about your overall health because you are going to feel better.

Shelley: Uh-hum. Now if someone this is just a question I'm going to throw out there. I want to hear your response as an expert, would you recommend your clients when they're approaching to eat meat again, would you recommend so they can break it down like how would they make sure they're digesting the meat, getting those amino acids are so key?

Trudy: Yes. I'm a big fan of enzymes and certainly as we get older our digestive enzyme production declines and we may need additional hydrochloric acid and you could do a good enzyme that contains a broad spectrum of enzymes, lipase, and amylase and protease that breaks down all of the food groups and then also something that also contains hydrochloric acid.

But some other things that you've got to think about is, is there salt in your diet? Because we actually need salt. We need a good source of salt like sea salt or Himalayan salt to make hydrochloric acid so making –you know, a lot of people are on a salt-free diet which is you don't want to be eating the commercial salt but you do want to be eating healthy salt.

Another thing where a lot of people have problems with meat and just feeling like they – you know, not feeling really – the meat doesn't feel appealing to them is low zinc. So getting those zinc levels up will often increase your desire to eat red meat and then zinc is obviously an

important cofactor for digesting and for everything else.

Shelley: Oh yeah.



Trudy: And then one other thing is apple cider vinegar actually stimulates the production of your own hydrochloric acid or something like bitters. So you could get bitters and then take it just before a meal and that can help your digestion.

Shelley: Thank you. So you also educate us about the harm of sugar in our diet and why there's no such thing as moderation or healthy sweeteners. Please share more with us about sugar. It's the other side of the spectrum here than amino acid so please share with us.

Trudy: There's so much saying about sugar these days and you'll see how they're wanting to regulate sugar consumption. There was this great paper by Robert Lustig in Nature where he talked, said sugar is toxic and they said sugar should be controlled like alcohol and tobacco to protect public health. It's causing all of these health problems, diabetes, heart disease, cancer. We know it contributes to mood problems as well. But I do not believe that we need to be controlling sugar consumption. I think what we need to be doing is addressing the underlying neurotransmitter and nutrition deficiencies. If we address those, then people are not going to be addicted to sugar.

Shelley: Oh.

Trudy: You know, a great example was Rosie O'Donnell she was on the Dr. Oz show and she's always battled with her weight and sugar consumption. She said I know that I shouldn't be eating sugar, I'm a smart person. You know, she's successful, she's very successful. She knows what she's doing. She said I get this. I really know that I shouldn't be doing it but I can't fix it. So many people have this problem. You know, how much information do we have out there about how unhealthy sugar is?

Shelley: Yeah.

Trudy: There is so much information out there and we still got this society of overweight people who are battling with trying to lose weight and willpower keeps getting the better of them. But if we address the underlying deficiencies then they're not going to have this sugar problem. You know? We know that sugar stimulates parts of the brain that's involved in reward and pleasure and it's addicting.

So if we can get rid of that underlying brain chemical imbalance and you're not going to have that problem. The big issue is that in the mainstream world of medicine it is not that well recognized.

You know, there was a professor from North Carolina State University said junk food and sugar is not addictive. There's no bad foods. You can have certain foods in moderation. You know, people are looking for healthy sweetness and I say that in tick marks, healthy, what's the next healthy sweetness?



If we are drawn to sugary things, if we are wanting something sweet whether it is Stevia or molasses or maple syrup or whatever it is if we're drawn to something sweet that's showing us that we've got this brain chemical imbalance and this is where the amino acids lack the DPA and the glutamine and all of these wonderful other amino acids can help to balance the brain chemistry so we're not looking for something sweet.

Shelley: Uh-hum. You're looking underneath the problem and seeing what is really the problem and how can we solve this at the root level and it makes total sense. Like moderation is not going to do it. When you think about like I'm raising a little boy where I saw a shift happening was we had traveled to South America and his immune system wasn't able to handle the milk and what happened was he got so sick and we gave him antibiotics unfortunately which changed his palate. He went from loving kefir, you know, kefir water and like the sours to asking for sweet.

Trudy: Wow.

Shelley: It was interesting having to work with him just seeing how if you give him one little thing with sugar just kind of you get a little bit relaxed about and then sure enough he's asking for more and he's asked adults and also the children of the world who we have high statistics of obesity. Parents have to draw a line and educate why but it's not going to be in the mind. It's going to be getting to the underlying root of it. If you notice your child's craving these sugars give them proteins. Build their amino acids up so.

Trudy: Excellent. Love it. Yeah.

Shelley: Yes. It's such a great --

Trudy: And the other thing I wanted to mention was your fun which is something we haven't talked about. You know, now certainly many underlying causes of why you maybe craving sugar and we really just talk really you know, really about the amino acids and the brain chemical

imbalances, neurotransmitter imbalances.

Shelley: Uh-hum.

Trudy: But if someone has taken antibiotics that could disrupt the flora in the gut. Now they may now have an overgrowth of candida. Of course if you've got candida, candida is saying feed me sugar. That needs to be addressed as well. If you are someone who has these sugar cravings and you've tried the amino acids and they're not giving you the results that you would expect and as I've said you get results with amino acids within five minutes and within a week you know you're on to something.



But if you're not getting the results then that's when I start looking at gut health and where the candida is an issue. Obviously you know, when I'm working with someone I'm looking at all of these things together.

But certainly if the aminos aren't working you need to think about whether candida maybe an issue because that can definitely cause it to be unbelievably out of control.

Shelley: I remember even some of our experts talking about how literally hijacks consciousness. Your intention maybe to be eating something good but you're going for the fridge, going for something sweet so it's a big one.

Trudy: And I'd love to just say another amino acid which is particularly good for when you've got that intense desire for something sweet and that is glutamine. Glutamine capsule opened on to the tongue completely take away that desire for something sweet. Actually one of my clients she did a test in my book and she described sugar craving as the demonic urge to eat something sweet all the time. She was always looking for these making these little concoctions of what she thought were healthy desserts. She was putting Stevia and some maple syrup or maybe agave

nectar, coconut or mixing all these little concoctions together thinking it was healthy but she was foregoing for sweet things.

When she started the --two changes she made. One was having breakfast which helped to stabilize their blood sugar but the other one was adding in the glutamine opened on to her tongue--

Shelley: Beautiful.

Trudy: --it completely took away those sugar cravings, it's amazing. Glutamine is an amazing nutrient because it provides fuel for the brain so it helps to keep the blood sugar even. It takes away those cravings. It's actually being shown in research to help with alcohol, very helpful for cravings but particularly good for alcohol. The other amazing thing about glutamine is it's very healing of the digestive system. Damaged gut from gluten intolerance or something else it's going to start to heal the gut. So glutamine is one of my favorite amino acids.

Shelley: Yeah and I suppose and that would be healthy to give to children in moderation. I love that we're going so deep so quickly because you understand everything on a hormonal biochemical level.

In your book, you outlined, many principles for balancing the body which is foundational with succeeding in one's weight loss goals, please offer us some of these insights about the most important meal of the day and why.



Trudy: Great. I'm glad you brought this one up and it seems like such a basic thing. Yet when I talk about it, I'm amazed with how many people don't get it. It's blood sugar control and having breakfast. Really it's so foundational. That together with eating real whole food can just totally

turn around your life. So if you start the day with a good breakfast, that includes proteins it sets you up for the rest of the day. You know, if you don't have that good breakfast, you're going to have this roller coaster of blood sugar ups and downs. When you've got a lot of sugar, you're going to feel shaky between your meals and you're going to be going for sugary things. Just like that woman with the demonic urge to eat something sweet, she had low blood sugar a lot of the time. You're going to have focus issues.

You're going to feel tired. You're going to feel more stressed and overwhelmed by little things in your life and you're going to have these intense sweet cravings. You may also feel anxious or nervous or more agitated or irritable and maybe even found that low blood sugar can cause

depression and phobias and you know, real fears and panic attacks. So keeping your blood sugar level is so important and to do this the glutamine obviously helps and there are some other things that can help but having breakfast with protein is the key thing. You know, when I'm

working with clients with anxiety, coffee definitely needs to come into the discussion because coffee can make you anxious. If they're not quite ready to give up the coffee I encourage them to have breakfast first. So have breakfast first and then have coffee because if you have coffee first, you're less likely to have a healthy breakfast.

The protein ideally should be from animal protein and I love when people add in eggs. You know, eggs and chicken sausage or dinner for breakfast make a veggie omelet. I'm surprised at how many people don't know what good protein is. You know, I'm very active on Facebook and there was discussion recently about breakfast and people were telling me what they were eating for breakfast and more than 70% were not getting enough protein at breakfast. They were having grains with nuts maybe some fruits and thinking that they were getting enough protein and I said add in some eggs and see how you feel. I got people posting back saying wow, just adding in three eggs has made a big difference.

So adding in two eggs. You know, three eggs is quite a lot for some people to eat. Adding in a whey protein smoothie. Now I mentioned earlier that I'm a big fan of real whole foods and where I digress is with whey protein. You know?

It is not a real whole food but it's such an amazing source of protein and having a smoothie in the morning for someone who's in a rush doesn't really have time to make breakfast.



That can do it, making that whey protein smoothie with some whey protein powder, water as the base, organic berries, maybe half a banana and some coconut milk. That will set you up for the rest of the day.

Shelley: Wow, beautiful and that's so simple. Young kids love like a fruit smoothie and throw whey in there and you got them aware and awake in school and if they aren't big eaters in the morning, that's amazing so.

Trudy: I'm so glad you said about kids because so many kids get sent off to school with carbs, just carbs. No protein at all. This makes a big difference with ADD, ADHD, anxiety. For one little boy who has OCD and adding in the protein at breakfast reduced his anxiety dramatically.

Shelley: Wow, that's beautiful.

Trudy: We want to just say that you know, the other thing is as well as the breakfast to keep your blood sugar stable is that it's a good idea to have a mid-morning snack and a midafternoon snack and to have protein at each meal because that's going to help you.

Shelley: Yeah just a little bit of protein goes a long way.

Trudy: Uh-hum. Yes. And for someone who has a problem with whey because whey is dairy based often as tolerated if you do have a dairy problem, you could do rice protein. I wouldn't do soy protein. You could do rice and that is a lot of key proteins on the market as well. Hemp protein is pretty good. It's definitely lower in the protein, lower in the amount of protein and for some people hemp is a little bit rough on the digestive system. So you just need to figure out what's going to work.

Shelley: Hmm. Thank you. Thank you for giving us that overview of the proteins that we can explore I think. Explore them all, find what works for you and know which ones work for your body. I want to step into another dimension where there's a lot of mixed information and this time it's about gluten.

And how it not only contributes to weight gain but it can lead to many degenerative diseases and conditions. Please shed some light on this topic for us.

Trudy: I'm just so pleased that there is so much information about gluten now and there's much more awareness and the doctor is talking about it and it's on the doctor order's chart and it's everywhere. But it is a big factor and Dr. Tom O'Brien is an expert in the area. What he said is if you have any health problems, consider that gluten maybe a factor, any health problem. A lot of people just think that gluten is going to be a factor if you have constipation or diarrhea or some kind of stomach pain so we don't realize how it has these far-reaching implications in terms of causing inflammation, damaging the gut so you cannot absorb the nutrients so you become deficient in various nutrients.



In my world I see huge benefits with my clients when it comes to mood. There's a ton of research showing how reducing and eliminating gluten can improve anxiety, social phobia, depression, even schizophrenia. So I have all my clients do a gluten-free trial and remove gluten for two weeks and see how they feel and then add it back. So when it comes to weight gluten you know, the effects can be far reaching. Firstly, obviously the carbohydrates itself in the gluten is a problem so you're eating more carbohydrates.

I think that a lot of the problems that people have with gluten is that we eat so much of it. You know, we'll have some at breakfast, we'll have a sandwich at lunch, we maybe have pasta at dinner so we're getting a lot of it. That's one of the reasons why I think it's so problematic. Now there's something Dr. Jeffrey – is it Dr. Jeffrey Smith?

Shelley: Uh-hum.

Trudy: I think it's just Jeffrey Smith happened to be the GMO guru who is now saying that he's proposing that maybe the fact that we have so many gluten, so much GMO food in our diets that that maybe damaging our gut and making us more susceptible to gluten intolerance. Gluten is not actually genetically modified but we are exposed to it in so many other places. So it begs us on many levels. One particular way that it can affect us when it comes to weight is inflammation.

So if we are intolerant to gluten or other foods, we create antibodies which we are fighting off as

foreign invaders so to speak and we can have this inflammation. When we're inflamed, we're going to hold on to weight. It's going to affect our adrenals which affects our weight as well. If we've got damage to our guts then you're not going to absorb nutrients. There was actually some research that showed when you have gluten intolerance, you're less able to absorb tryptophan from the foods that you eat.

In turn you're going to become low in serotonin and serotonin is one of the brain chemicals that make us feel good and that if we've got low serotonin then we're going to crave sugary foods or carbohydrates in the afternoon and in the evening. But just getting rid of gluten can definitely help that.

Shelley: Uh-hum. There's so many layers to the gluten situation and you've done a beautiful crossover, you know, everything with the genetically modified aspects of it and the inflammation. My body I love my body in the sense it tells me if I've eaten gluten, my spine I immediately feel it like it feels like my spine needs chiropractic treatment.

Trudy: Absolutely.



Shelley: It feels like it needs alignment. And our bodies are signaling this all the time but if we are aware of where the glutens are or where the genetically modified organisms are, we may not know the root. So working with someone like yourself you're helping to pull some of these things out so people can actually start to feel good and then know the difference and make that choice.

Trudy: Yeah. And I'm glad you mentioned the spine because we don't think of the fact that gluten can contribute to pain. You know, there's a big connection between gluten intolerance and autoimmune disease and rheumatoid arthritis. I worked with a number of people with rheumatoid arthritis and getting off gluten the symptoms start to resolve and energy levels focus,

eczema, any kind of skin condition. As I said any health condition can be tied to gluten. Liver problems.

Problems with the thyroid. Hashimoto's thyroiditis. If you've got thyroid imbalance that's going to contribute to weight gain. The most common thyroid condition in the US with women is Hashimoto's thyroiditis, autoimmune thyroid condition. It just breaks my heart that so many women come and see me and they've never been screened for Hashimoto's and our clients send them back to their doctors and say please test my thyroid antibodies and lo and behold it will come back and they've got elevated thyroid antibodies. Getting off gluten can totally lower those thyroid antibodies so they do not need to be on thyroid medication and their thyroid normalizes and their weights get back to normal.

So it goes back to the basics about what we talked about at the beginning is addressing the underlying cause and then we're not having to be on this continual diets up and down, you know, yo-yo dieting. It's particularly addressing the root cause of it.

Shelley: Thank you. Thank you about mentioning Hashimoto's and the fact that it's quite significant in our culture.

Trudy: And then I don't know if I made it clear but the solution is to get off the gluten and a lot of doctors don't realize that but there's plenty of research supporting it. So this gives me more – it gives a person more results to say okay I'm ready to give up gluten now and the thought of giving up gluten is tough for a lot of people but if you use the amino acids to balance the brain chemistry then it doesn't become a willpower thing. It just becomes, you know, it's just a simple thing to do.

Shelley: Yeah. Well you know, you're on the leading edge of nutrition with your depth of understanding of biochemistry and I want to get your perspective on the future of nutrition for weight loss and what you envision the future to look like.



Trudy: You know, I think we've covered it exactly in what we've been talking about. It all boils down to dealing with the underlying cause of why we crave, addressing thyroid health, addressing food intolerances, gut health, we talked a little bit about candida. Obviously you could have bacterial imbalance. You may have SIBO, small intestinal bacterial overgrowth where you've got good bacteria but it's in the wrong place. Addressing your adrenals, you know, when you've got high cortisol levels, you've got to hold on to weight so you know, reducing stress and addressing adrenal health.

So if we fix all of these underlying causes so we're healthy then weight loss just happens. It's just a natural benefit. At the end of the day we've got people that are not overweight. They're not inflamed. They're not you know, heading towards some kind of degenerative disease and they feel great and that's what I think that we are hitting. I'm just really excited that you know, it's really exciting to me that there's so many people who did this. It really is wonderful.

You see results. You know, it's just when people you know, have these issues and they start to work with a holistic nutritionist or an integrative doctor or someone who gets this, it's just such common sense and that people see such amazing results. Wonderful. I love what I did actually.

Shelley: Yeah, yeah. Yeah. I feel that and definitely I can get behind this vision of the future for weight loss. You have many programs and you have a book the Anti-anxiety Solution.

Trudy: Safe Solution. Yup.

Shelley: Beautiful. And as a gift to our listeners, you're offering a free eBook about sugar cravings, mood and the powerful endorphin connection to emotional eating. I understand it also includes a quiz that we can learn about the present condition our bodies are in in order to make changes.

Trudy: So as you said this quiz will help you figure out where you're for in the area of low endorphins. It's also got sections on low serotonin which is the when you have the afternoon and the evening craving and you may have symptoms of depression or anxiety or PMS or sleep problems. The other questionnaire is on low gaster which is when you eat for stress release and you may be stiff, intense and overwhelmed. Another area is the low blood sugar which is where the glutamine is so powerful and that's where you have the blood sugar swings and this intense desire for something sweet to eat.

Then the other area of the mood quiz is the low catecholamines which is where you've got poor focus, low energy. You have to have that coffee in the morning and you need to sugar to give you energy or you need sodas or something like that to give you energy. So there's a whole quiz that you can do to figure out which area that you fit into and then I take a deeper dive into the endorphins because of the powerful connection that the low endorphins have to emotional eating and this need for comfort and reward and treats.



Then you know, we talked a little bit about gluten this eBook is a nice little booklet on gluten and how gluten can be affecting your mood and your anxiety levels with some information on how to do an elimination of gluten and how to challenge with gluten so you can do that on your own.

Shelley: Wow. That will really help many people just to get in do the quiz and --

Trudy: Just have that awareness that I'm not going crazy, that there's a reason for it and that there's a solution. That is just very empowering.

Shelley: That's beautiful. Thank you for this gift. If someone got started today on it what would their lives look like in say 30 days from now?

Trudy: So assuming you do that quiz and you see the five different areas of brain chemical deficiencies and you see that you are deficient in three of them or maybe four of them or often five of them, we're going to take a deep dive into each one of those. Each week introduce a new amino acid.

Based on your symptoms, you would start taking that amino acid and together with learning about the particular deficiencies in that area and each amino acid, we're also going to talk about other things. So for example glutamine and low blood sugar, we take a deep dive into breakfast and what breakfast should look like and how else to control your blood sugar.

When we talk about the low endorphins, we're going to obviously talk about the DPA, how to take it, when to take it, to what's that for, and then we will also talk about gluten and how gluten can trigger this comfort eating. So we're going to go into a different amino acid at different deficiency each week and this is for someone who is struggling at night with big overeating problems.

Maybe you eat too much and you feel stressed and anxious and then you eat more or maybe you turn for food for pleasure or comfort. Maybe you would say sugar gives you that much needed energy or maybe you are fighting, always fighting emotional eating especially at night.

So if you resonate with any of those and you want to learn about the glutamine for low blood sugar, the tryptophan for low serotonin, the gaba for low gaba levels, the DPA for low endorphins and the tyrosine for low catecholamines, this is the program to be on.

The great thing is there's a Facebook group so you get interaction with the other people in the group and you also get my feedback, I'm very active on the Facebook group and you get to try these amino acids and get results right away.



Shelley: By the end of it you're feeling empowered, you're feeling again it's like understand what is driving some of these imbalances and how to correct them yourself. You can do that for your whole family.

Trudy: You're welcome and you know I didn't answer your question how are you feeling because the great thing is I said what the aminos do is give you results throughout a way. So you're going to start feeling something the very first day of the program and each week that we introduce a new amino acid based on if you have a deficiency in that area, you're going to get more benefits.

So each right away with the amino acids you get results which is why I call them amazing because when I talk about them they sound too good to be true and people almost say well it sounds too good to be true it couldn't be possible. You know?

Shelley: [Laughs]

Trudy: But you've got to experience it.

Shelley: Yes.

Trudy: You've got to experience it. I'm going to just read to you one of the testimonials that I received.

Shelley: Oh please do yeah.

Trudy: We did some of the other amino acids first but she said my cravings are virtually gone and my mood feels more uplifted. The glutamine really helped with the sugar cravings but I still thought like I wanted something sweet for my mind. The endorphigen changed that. This is the DPA, the DPA was the endorphigen. That's what changed that. So you know, people were getting results, amazing results right away and it was fantastic. I mean we're addressing the underlying causes --

Shelley: Wow.

Trudy: -- of those problems in the first place and this was people who had tried every single diet under the sun and not had results that now they were addressing the root cause of the sugar cravings and the emotional eating which was this imbalanced brain chemicals.

Shelley: I want to get to how our listeners can learn more about you but before that I want to ask you just a couple of our practical questions because you covered the foods to avoid and the foods to add for losing weight and for balancing your body. If you could recommend physical exercise or activity to our listeners to help them to lose weight, what would it be and why?



Trudy: I would say do something that you love to do. Too many people feel like exercise is a chore. If you don't exercise you do want to find something that you love to do and then you're going to do it. So I would rather that you were doing something that you absolutely loved and you got to throw a lot of love and you were having fun rather than doing exercises or chores.

So there's a lot of research showing that burst training is very helpful so doing short bursts of exercise have been shown to help with reducing weight rather than long intense exercise regimens. So I'm a big fan of that as well. So you know, getting – if you want to do something quick, and you don't have time to do something you love during the week for example then get a jump rope and do burst jumping or get a little exerciser and do some running on the spot or something like that. So you can do something during the week and then maybe go dancing on the weekend or go rollerblading or back riding or hiking or something that you really, really love. If you can do it outdoors that's fantastic.

Do some backcountry skiing or something that's going to get you out of nature and you're going to get the benefits of some sunshine and fresh air and just going to raise the endorphins and raise your serotonin level so you can feel great and lose weight at the same time.

Shelley: Do what you love and any other techniques or practices you'd advice to help further support a holistic weight loss process?

Trudy: I'm so glad you asked. I've got two big things. One of them is reducing stress and we kind of alluded to that earlier but you can't just say I'm going to reduce stress. You've got to actually do something constructive.

So just like you've got an exercise plan you've got to do something constructive to reduce stress. Yoga is wonderful. Taichi is fantastic. If you find that you don't have time, get a little HeartMath application and put it on your computer or put it on your iPhone and do some biofeedback where you're starting to reduce your – you know, slow down your breathing and reduce your stress levels. It's fantastic for addressing adrenal health and just helping you to lose weight. So that is something I think is so important.

So many people are so stressed out, I just test all levels with all my clients and so many people have got totally you know, whacked out adrenals and getting your adrenals in good health with doing something to reduce your stress. Obviously there's a nutritional component as well can make such a big difference.

And then the other thing is sleep. Too many people do not get enough sleep and it plays a big role in your stress levels and certainly in weight loss. If you're getting less than 8 hours a night you really need to look at your life.



I'm working with a woman at the moment and she's getting six hours of sleep a night and she's trying to be healthy and lose weight and stop these sugar cravings and I said well maybe you need to be getting eight hours of sleep a night.

The National Sleep Foundation actually did a study and they found that people who get less than eight hours a night crave more sugar, drink more sugary beverages, drink more alcohol, and smoke more tobacco. Because you're exhausted you know. So you're going to be craving those sugary foods that's carbohydrates so get that sleep.

Shelley: Thank you. So this has just been an amazing interview Trudy and I thank you for taking the time to share your message with us. I trust many of our listeners will benefit so much from this powerful approach that you've created and please let our listeners know how they can find out more about and your work.

Trudy: Well thank you Shelley so much for having me. It's been actually a pleasure. And I can't wait to hear the other interviews and to see the reactions from everyone because I think this is such a great topic. You can find me on antianxietyfoodsolution.com and my consulting website is everywomanover29.com.

I would love to connect with anyone who's got questions or comments or would like to learn more.

Shelley: Thank you so much Trudy and you know, it's been a pleasure and an honor to talk to you and I look forward to our paths crossing again.

Trudy: I do too. Thanks Shelley.

Shelley: Have a beautiful night and day.



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