



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Dr. Robyn Benson: Good afternoon, everyone. Welcome to the Healthy Traveler's Summit. We are so excited to bring to you today our speaker, Trudy Scott.

My name is Robyn Benson. I'm a Doctor of Oriental Medicine. The founder of Santa Fe Soul Center for Optimal Health and also the Self-care Revolution an online program where we have interviewed amazing speakers, over 150 speakers in the last two years, including Trudy Scott.

We know the wealth of information she has to bring to you today. Especially on this topic of travel and how important it is to have healthy moods and to bring the happiness factor to each and every trip because it's possible.

And so, I'm joined today with my fabulous co-host.

Kevin Snow: Kevin Snow. Some people call me the Dessert Shaman. I am an Intuitive Counselor at Santa Fe Soul.

And this summit, it has just been a wealth of information so far and we are really looking forward to really getting into the nitty-gritty with Trudy here. And really finding out about the things that we can do, the things we can eat, the things we can take to really make our travel much more enjoyable. So, I'm just grateful to be here today.

Dr. Robyn Benson: Sounds good. So, I just wanted to take an extra moment to thank you all for being here. And well we have pilots, we have flight attendants, we have truck drivers, we literally have people who travel the globe on a regular basis and they want to do it smarter. That's part of my book, the Healthy Traveler's Guide, Eight Pathways to Smart and Conscious Travel.

So, gosh. Again, here we have an amazing friend, speaker, a brilliant woman, doctor – well, when I say – everyone is an amazing doctor in my life. But Trudy Scott is – when it comes to an expert in moods, she is the go-to girl.

So, food mood expert, Trudy Scott, is a nutritionist and author of the Anti-anxiety Food Solution: How the Food You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings. She's also the creator and host of the Anxiety Summit, a wildly popular virtual gathering of international experts sharing research and nutritional solutions for anxiety. So, let's bring you here live.

Hi there, Trudy. How are you today?

Trudy Scott: Hi, Robin. Hi, Kevin.

It's great to be here. I'm so excited because I'm such a big traveler and we've traveled together. And I'm just so excited to be here to share this information.

Dr. Robyn Benson: Cool.

Trudy Scott: Thanks for having me.

Kevin Snow: As we say in our little realm of the world here, awesome sauce. I know that you are a big traveler and you've been affected by anxiety, panic disorders. And can you share a little bit about that and how that really has affected you and just [Audio Gap is 00:00:02:54] that you currently do?

Trudy Scott: Yes. As you said, I'm a big traveler. And I actually left home in my 20s to travel through Europe and backpacked through Europe and England. And I spent some time in Australia. And then, we actually had our honeymoon on Mount Kenya and climb to the top of Kilimanjaro. And my husband and I came and bought a van in America and spent 10 months living in our van, traveling around America. And rock-climbing and mountaineering, and having an amazing time.

We went to Zion National Park and I spent the night out of a portal edge on this cliff-face in Zion National Park. And I've done arch climbing and I've done amazing adventurous things. And I've loved traveling. I've always loved traveling and seeing new cultures and experiencing new things. And because of all my adventurous and travels, I wouldn't – hearing all that you wouldn't think anxious, timid, panic attacks, fearful, none of that ever affected me.

Kevin Snow: Right.

Trudy Scott: But in my late 30s, out of the blue I started to get anxious. And I would wake up with this feeling of doom and I would wake with this feeling like something was going to happen. And this fear, this fear of everything. And fear of the unknown and not knowing what was going to happen. And I ended-up having a few panic attacks which were terrifying. I really thought I was going to die. It was just awful. And I had no idea what was happening, where did this come from.

And because of my background, growing up inside Africa, that's Eximso I'm South African. We ate real whole food growing up and didn't go to the doctor. And I sort of looked to nutritional solutions. And worked with a wonderful natural care and a nurse practitioner, and found nutritional solutions. And it was my hormones. It was gluten intolerance. It was due on fatigue. It was maybe mental. It was all of these factors that were creating this perfect storm to create this anxiety and these panic attacks.

And once I addressed the biochemistry and the nutritional components, the anxiety went away.

And that time I also developed really bad social anxiety. And I hated being out and about and mixing with people. It felt very, very uncomfortable. I would push through and force it. And I found out about this condition called pyroluria, also a nutritional component. Once I addressed that I'm fine. I consider myself a social butterfly. I love to be out and about.

So, for people who have anxiety whether it's just in a day-to-day laps or they feel anxious when they're traveling, just know that biochemistry and nutrition is powerful. What we put in our mouths can have such a big impact

Dr. Robyn Benson: So, I love your topic. Your title today, Cool, Calm, and Collected, how to travel free from anxiety and fear. I mean, we all want to know more. So you've given us a great overview already, Trudy. So why don't you talk a little bit about what is this pyroluria. Why don't you – that's kind of a funny name. What is that?

Trudy Scott: It is and it's spelled, P-Y-R-O-L-U-R-I-A, for those who may not have heard about it. And it's a social anxiety condition that is made worse under stressful situation. So if you're under a lot more stress, it makes things worse. And people with pyroluria have this genetic predisposition to lose high amounts of zinc and vitamin B6 than the average person. And they end up becoming depleted in these nutrients and as a result they'll feel this inner tension. That sort of, inner tension that they cover up and they hide and they deal with it and they push through.

Social situation is very uncomfortable. They'll often force themselves to go to social events and feel uncomfortable. Often have depression, morning nausea, and you'll often - the traits often look alike sisters. I've got three sisters and we all look so alike. The big thing with the pyroluria is nausea in the morning and not really wanting breakfast. And this is a common thing with travelers. A lot of people who are very motion sick and prone, when they're on a boat, or when they're flying, or even in the car or a vehicle that can be a sign of low vitamin B6. And when you raise your vitamins B6 levels, the nausea will go away. That's one tip. My other tip for nausea - others seethe response. But the nausea will go away, the social anxiety will go away. And you'll feel great in social settings. So, it's amazing that you can make these nutritional changes and feel so much better.

And I've had a number of people say to me, "I can't even go to church anymore. I feel so uncomfortable." I used to go camping and did each trip with my kids. I feel very uncomfortable when I'm traveling and doing things in big groups. I like one on one interaction. But if you address the low zinc and the B6, that can make a very big difference. Now, you can't

just say, well, food is going to be enough. I'm, as you know and you all know, a big proponent of food first.

Dr. Robyn Benson: Right.

Trudy Scott: But if you have pyroluria, you do need to supplement forever. And you do need to be a way that if you're under a stressful situation, it'll make the symptoms a lot worse.

Dr. Robyn Benson: Okay. So, you mentioned...

Kevin Snow: And the...

Dr. Robyn Benson: Go ahead, Kevin.

Kevin Snow: Yes. I just - I'm always really interested in the blood sugar issue. It's definitely been an issue in my life for a long time. And during - in traveling it's hard to get good food unless you're packing stuff. And so could you share a little bit about that, maintaining blood sugar low while traveling?

Trudy Scott: Good question. And it's so important whether you're traveling or not just to keep your blood sugar even. If you've got these rollercoasters of blood sugar; up and down, and up and down, you're going to feel cranky. You're going to feel irritable. You're going to feel anxious. Some people actually have panic attacks when their blood sugar goes too low. So we need to keep our blood sugar nice and even.

So, when I'm traveling I've always got food with me. And a good South African term is padkos. It means food for the road. So, I always take that padkos with me. And it could be some nuts. It could be some beef jerky, grass-fed beef jerky. Of course we want to think of that good quality.

And I was actually - I just posted on Facebook this weekend a really nice picture of pemmican. Pemmican is a Native American food that is high in fat, a little bit of beef jerky, a little bit of sea salt, a little bit of cranberries. That's one of my favorite things that I travel with because it travels well. And it helps to keep your blood sugar even. And it's filling. So if you are on an airport or you're somewhere where you can't get healthy food, you just grab a little piece of pemmican and that sort of just keep that blood sugar even for a long time.

Just talking about healthy snacks when you are traveling, pumpkin seeds are one of my favorite for a number of reasons. Firstly, it keeps your blood sugar nice and even which is - you were saying you want to keep that blood sugar even. But it's also high in tryptophan and zinc. And we just talked about zinc for pyroluria, so it's helping with to raise your levels of zinc. But there's actually some research showing that functional food made from pumpkin seeds actually help to reduce social anxiety. And also help with insomnia. And when we're traveling we've got jetlag. We may have insomnia. So, we can have those pumpkin seeds and get that

nice level of zinc and tryptophan and that might actually help us sleep a little bit better.

Dr. Robyn Benson: I'm glad you're bringing up the zinc issue because I test just about every single patient I treat, Trudy. And almost everybody is zinc deficient. Not as easy to touch the B6 deficiency. But I'm so glad you mentioned it. So maybe start to - do people need the supplement, extra, or just getting it in the food, do you think is sufficient?

Trudy Scott: I'm glad you talked about that being a very common deficiency and you're right it's so common. Everyone is low in zinc that I've found. I use the Zinc Tally, it's a good marker.

Dr. Robyn Benson: Right.

Trudy Scott: I use alkaline phosphatase as a marker as well.

Dr. Robyn Benson: Right.

Trudy Scott: And getting – making sure that you are eating sources of food. Food that does contain zinc and I'm a big fan of grass-fed red meat. It's really good source of zinc and B12, and omega3s, also B6. But I like to add an additional zinc. If you suffer from any [inaudible 00:00:10:56] with my plans that have anxiety. Zinc helps to balance out copper. So if you've got high copper, you're going to feel more anxious and you're going to have low zinc. So if you push your zinc up, your copper is going to come down and that's going to help with the anxiety. Same thing with the clients that I worked with, with anxiety and panic attacks, zinc is a big factor. And I like to start in about 30 mg. of zinc. I think it's really great.

And then you mentioned the B6. My marker for your zinc – your B6 levels is - firstly is the social anxiety going down a bit is an issue. Secondly, is what's your dreams like? Zinc – B6 helps with dream recall. And you should have pleasant dreams. You should remember your dream every single morning and that's a good sign of B6. And if it's – if you're don't remembering any of your dreams or if you're having nightmares that's a classic sign of pyroluria, is it could be low B6. And that B6 is wonderful for having to make the calm in neurotransmitters. It's great for hormone support and it's wonderful for the social anxiety condition called pyroluria. And supplementing with that as well, so starting there it's the values for B6 is about 100 mg. going up to possibly 500 mg. if you're not feeling calmer.

Dr. Robyn Benson: I just want to ask one more question about this. I'm devoting a whole chapter of my Healthy Traveler's Guide to the highly sensitive person. They tend to be multi chemical sensitive. And they also tend to be the people that are highly sensitive to electromagnetic pollution. Do you see this pyroluria link or that connection to with this category of people? That's a growing population right now.

Trudy Scott: Absolutely. Very, very much so. Because as I've said it's – pyroluria is made worst under any kind of stressful situation. So, if you are prone to the effects of electrical magnetic simulation that's going to affect it – a lot of practitioners are talking about a connection about between Lyme disease and pyroluria.

Dr. Robyn Benson: Absolutely.

Trudy Scott: I think it's – I think you're going to see a lot of it. And as we see more and more people who are becoming more sensitive, I think the fact that they may have always had pyroluria but not being aware of it, as things get worst the pyroluria will start to manifest. Mine only really manifested in my late 30s when I had this perfect storm of all of these things happening. So, certainly yes, people with pyroluria are prone to being more sensitive.

Dr. Robyn Benson: Okay.

Kevin Snow: I think it's so important in making these connections. Where – especially with Lyme disease where it's such a – still such a mystery over all for many people. And now it's coming into the consciousness much like some of these other mysterious things that we've been diagnosed with. It's all in your head.

Trudy Scott: Yes, and you know it's not.

Dr. Robyn Benson: Absolutely. I think one of the main questions, and I think we probably talked about this with each one of our speakers, but I want you to address it too, its hydration. What kind of water? And how do we stay hydrated when we're traveling when we can't even bring a water bottle onto the plane anymore?

Trudy Scott: Well, you know I'm glad that you're asking all the speakers because I think it's a good one. And it starts the rarity into moods certainly because we see research about how water is needed to help us raise our serotonin levels, it help us raise our dopamine levels. It's going to make us feel good. It's going to give us energy, so very direct correlation there.

In terms of getting on a plane and not being able to take water, what I do when I travel is have a water bottle with a built-in filter. So, I will get in – check through security and then go and fill up my water bottle at one of the little water fountains. And then I've got filtered water when I'm traveling.

We definitely want to be avoiding the caffeine. And certainly that's going to affect our sleep if we're doing international line travel. We want to avoid sodas. We want to – the coffee has got to go. It really has to go at all levels. Certainly if you've got anxiety, it's a big factor. It's going to trigger the anxiety. But it's going to affect your sleep. And we now know that it does affect the blood sugar levels. We just talked about blood sugar and how important that is. And coffee does affect your blood sugar.

I interviewed Dr. Alan Christianson on one of the Anxiety Summits and he talked about how bigger impact it has on our blood sugar. Now, a lot of people don't talk about that. And it's just putting a stress on your adrenals. And so, getting some good filtered water I just think is so great.

Kevin Snow: Excellent.

Trudy Scott: One more thing I want to mention about hydration. Herbal teas are great. So if you're going to ditch the coffee, get some herbal teas. And there's a wonderful South African tea called Rooibos.

Kevin Snow: Yes.

Trudy Scott: Spelled R-O-O-I-B-O-S. Rooibos, if you're South African that's how you say it. And Rooibos is herbal. It's naturally caffeine free. And I actually interviewed one of the researchers in South Africa who has done research on how Rooibos tea helps to balance cortisol levels of [inaudible 00:00:16:03] So, if you had quite very [inaudible 00:00:16:06] adrenals and you've got high cortisol with from the coffee to Rooibos tea and they're going to start to help to heal your adrenals as well.

Dr. Robyn Benson: That's excellent. Thank you for that. Rooibos tea. I have some of that in my cabinet. I didn't know about this tea. So [Audio Gap 00:00:16:20] about hydration before we move on to amino acids because I hear you're also the Queen of Amino Acids.

Okay. So you have – talk about this water bottle you have with a filter because this is huge. I mean water is an 80 billion dollar industry. And of course the travel industry pretty much are left to buying plastic bottles, right, especially since you can take your own. So, can you talk a little bit about what your brand is and how you use that?

Trudy Scott: It's Brita. Right. You know about...

Dr. Robyn Benson: I know Brita.

Trudy Scott: It's – they say it's a BPA-free plastic bottle. It is plastic unfortunately. I mean that's what I – it was the only one I was able to find. And it's got a lid that's got the built-in carbon filter in it. And when I'm traveling, I use. It's great. And the other good thing is if I'm going to a conference and I'm in a hotel, they'll often have plastic water bottles on the table. And I don't want to do that. That's a thin plastic, getting all the plastics getting into the water. And you don't know what you're getting. Also if you're getting water from a hotel, you don't know if it's being filtered. So, I just use that when I'm traveling and it's really great.

Dr. Robyn Benson: Wait. So you're putting the water from the hotel into this.

Trudy Scott: Into that. And it's [Cross Talk 00:0017:33]

Dr. Robyn Benson: Okay. So, it filters it.

Trudy Scott: Yes.

Dr. Robyn Benson: That's fantastic.

Trudy Scott: It's got the little filter at the top and a little squeezey thing that opens up. And you just squeeze the bottle and drink it. And as you're drinking it through the little opening, it's filtering.

Kevin Snow: Okay.

Dr. Robyn Benson: That's great.

Trudy Scott: Yes.

Dr. Robyn Benson: So onto amino acids. So, people who travel and I hear from a lot of my clients that they're afraid of travel. They're afraid to be – they don't like the turbulence. They say there seems to be more turbulence than ever right now and pilots are confirming that. What do you recommend? What is your prescription?

Trudy Scott: Well, I find that people who are really fearful on the plane and – let's talk about the plane for example because you talked about turbulence. Firstly, a good clear is to watch the [inaudible 00:00:18:20] if they were walking up and down and they're doing fine then that's probably – you're doing okay. So, that's a good start. Just to see what's going on around you and the plane.

But if you're really, really fearful and maybe it's stopping you from traveling or maybe when you do travel, you have to take kind of like a benzodiazepines. And I'll talk about benzodiazepines in a second because they're just really, really bad case of drugs. But if you're finding you need medication to travel and you're having panic attacks, and you do travel and there are some bumps on the plane, I would say try and figure out what the cause of that is before you're going to travel. Because you don't really want to be trying some of these things when you are traveling, although some of them are really good. When you're having these panic attacks and its physical tension, it could be low GABA. If you've got – and I'll to talk to you about what you're going to do about that in a second.

But if you've got the worry in your head, the ruminating thoughts, the, "What happens if we crash? What happens if this happens? Our kids are with me. What happens if we all die?" and you've got this sort of – you're playing these scenarios in your head. That's a different kind of anxiety. And that's a low serotonin kind of anxiety. We often think of low serotonin as being associated with depression, but it can also be this kind of worry in your head kind of anxiety.

So we've got two kinds of an anxiety here which we're – and there's two amino acids that work beautifully to address this. So if you've got the low GABA kind of anxiety which is the physical change and you can feel it on your shoulders. You're sitting in a plane and you're clutching your armrest on the plane and your shoulders are really tight, GABA is the amino acid that can totally end it. It stands for Gamma-Amino Butyric Acid. It's an amino acid that you take as a supplement and it raises your GABA level so you no longer feel the physical tension. And the wonderful thing is it will eliminate that physical tension within five minutes. People will take a GABA and say, "I feel like I just had a glass of wine." That's the feeling that you should get. You just feel that physical relaxation.

And my favorite is actually an over the counter by Source Natural. It's called GABA Calm. It's amazing. So if you are a frequent traveler and you're not terribly anxious when you're at home but when you get on a plane you feel anxious, you could try some GABA Calm next time you travel and see how you do.

Dr. Robyn Benson: So you don't have to travel with valium, right?

Trudy Scott: You don't have to travel with valium. And valium is a benzodiazepine.

Dr. Robyn Benson: Yes, it is.

Trudy Scott: Some people just use the valium or Xanax or Ativan when they travel, and even that is too much. It's very addicting. It causes withdrawal symptoms when you quit. It can actually cause worse anxiety. It can cause insomnia. I interviewed Dr. Catherine Pittman on the Anxiety Summit. And she surveyed a group of people who were in this group called BenzoBuddies. And it's people who have been put on benzodiazepines and it takes them years to get off. So this is a class of drugs that I feel really strongly about educating people about. Don't even think about going to the benzodiazepine. If you could use GABA, why not?

Dr. Robyn Benson: I agree with you 100%. And honestly, I have had so many patients on my tables that are trying to withdraw and it's so difficult. It is a challenge. But work with someone like me, someone like Trudy, someone who's well-versed in working with amino acids and changing your diet, it's possible. I mean, I'm definitely gotten people off. It's a process but it is absolutely possible.

Trudy Scott: Yes. And I just want to make one thing tip for someone who maybe listening and saying, "Oh, my gosh. I'm taking benzodiazepine. They're terrible. I need to stop." You do not want to stop cold turkey. It's got to be a very, very, very, very slow taper. And when people are actually doing the take or those that are having issues, they will be using a little razor blade to scrape their tiny piece of or to reduce the [inaudible 00:00:22:17]. So, it's – it could be a six month long take. And as Robyn

says work with someone like Robyn or me or someone who can help you, and understands and believes that you're weird bizarre symptoms like brain zaps and all of these other weird symptoms that you can get while you are tapering could be related. You go to the doctor and they say, "No. it's definitely not the benzodiazepines. So it must be something else." If you got these weird symptoms that you've never had before, it could be the benzos. So, you to the GABA first, go to these nutritional solutions, so you don't have to use the benzos or the valium in the first place.

Dr. Robyn Benson: Awesome.

Kevin Snow: I can definitely reiterate that as well. I've had several clients that have experienced exactly what you're talking about. About going off of them cold turkey or too quickly and having those bizarre symptoms that can be labeled as other things.

Trudy Scott: Yes.

Kevin Snow: And definitely, this is really an important message, I think, for our listeners to hear even in regards to travel because this is so important. And the information that you're sharing is a way to do this and I really think it's an important and powerful way.

Trudy Scott: Good. Good.

Kevin Snow: A little bit about sleep as well. How people can get good enough sleep prior to and there certainly is some serotonin/melatonin to talk about as far as what people can do in regards to that.

Trudy Scott: Yes, and good because this ties in to the second part of the anxiety which is the low serotonin. So, I mentioned that physical anxiety which is the low GABA. And then you've got this worry in your head kind of low serotonin where you're worrying about things. And one of the other signs of low serotonin is insomnia. Maybe problems falling asleep or maybe problems getting to sleep – sorry, staying asleep. Other symptoms of low serotonin, other than the anxiety and the worry is depression, negativity, low self-esteem, afternoon and evening cravings, PMS, digestive issues. These are all signs of low serotonin. So there's a whole host of symptoms that could contribute to low serotonin. But certainly sleep is a big one. And when we travel, we often are affected by sleep, certainly if you're crossing time zones.

I know. When I traveled to South Africa which I actually just did last summer, visiting my family, we went to an amazing game park and we saw cheetahs, and everything. But those first few days you may be feeling a little bit jetlag. And firstly, if your serotonin levels are good, things are going to be better. What happens is serotonin actually converge to melatonin, and then you're going to be making your own melatonin and then you're going to be able to sleep better. But first let me

just talk about how do we raise serotonin and then I'll talk a little bit about melatonin as well. If that's okay?

Kevin Snow: Absolutely.

Trudy Scott: The amino acid for raising serotonin levels is tryptophan, 5-HTP will do the same. I would usually have my clients use tryptophan first, simply because 5-HTP can raise cortisol levels. And for – if you're anxious and you've got high cortisol, we don't want to be giving you 5-HTP and making your cortisol even higher. So, I'll usually start with tryptophan, 500 mg. is the starting dose. And tryptophan you typically take midafternoon and evening. And with all these amino acids just take them away from food, so away from protein. So you would do your lunchtime and then your midafternoon, tryptophan, and then in the evening. And what it'll do is start to raise your serotonin levels. And that's going to then raise – potentially raise melatonin and then help you sleep.

What I do like to do though for international travel is do this melatonin little boost, and what you do is take melatonin for two days before you traveling – take it while you're traveling and then take it when you get to your destination for two days. And that can help reset this...your Circadian rhythm so then you are able to sleep a little bit better. And what you do is you take – once you're on the plane - let's say I'm going to South Africa, I will take the melatonin at the time zone as that's bedtime in South Africa. So it's starting to get me ready to sleep. And that can make a big difference for a lot of people. And then even if you're not traveling and you've got sleep problem often tryptophan is going to help. But some people need the extra little bit of melatonin to help them sleep as well.

And then I mentioned the pumpkin seeds earlier. That's helping – it was at – their study showed that it helped with insomnia which I think is so cool. So, making sure you've got those pumpkin seeds when you're traveling and eating healthy as you go. And other things that help to raise serotonin, exercise. So if you are in an airport waiting for a flat, do some laps up and down the hallways and look at all the people or do some squats or do some sit-ups, or if you can get outside and getting out in sunshine, getting some natural light. Getting a full spectrum length and up raise your serotonin levels as well. So there's a lot that we can do to help us raise that serotonin and feel wonderful and calm and safer.

Dr. Robyn Benson: So I just want to be clear about the doses. Understanding the tryptophan melatonin – tryptophan helps increase melatonin. For people traveling to many different time zones, so two days before they should start taking melatonin at the time that they're going to be sleeping in the new destination. Is that what you said? I just want to make...

Trudy Scott: No. The – So, the two days before is your current time. Sleep.

Dr. Robyn Benson: All right.

Trudy Scott: And then when you're on the plane then you shift to the time zone that you're going to – you want to sleep.

Dr. Robyn Benson: Okay. I just want to make sure.

Trudy Scott: Maybe a little bit earlier. Yes. Yes.

Dr. Robyn Benson: Okay. Okay.

Trudy Scott: And it's usually just a few milligrams. One to three milligrams seems to work for most people. Now, interestingly enough when I was in Australia, melatonin is not available. And some countries it's sort of considered a hormone, so it may not be as readily available. But it's great. And a lot of people used to say, "Is it safe to be on melatonin long term?" And now we're seeing that it is. It's a great antioxidant. It helps women who're working nightshift and have a higher risk for breast cancer. And we see a reduction in that area. So, I think melatonin is wonderful. If it's helping you sleep because sleep is so important. As you know, Robyn, if you're not getting enough sleep it's just affecting so many things. I think getting that sleep is really, really important.

And I want to just go back to the tryptophan because I talked – when you talked about the... that gather on the benzodiazepines. If you are on valium or Xanax or one of the benzos, you can take GABA at the same time. There's no issue. But if you are taking an SSRI that's Zoloft, or Lexapro, you can't take the tryptophan at the same time. So, it needs to be at least six hours apart. So usually I'll have my clients talk to their doctor about switching the SSRI to the morning and then taking the tryptophan in the afternoon and the evening. And then what I used to do with my clients who want to get off the SSRIs, and a lot of people do because they're either not working or they're getting side effects. They will talk to their doctor about doing a taper but what we do is raise the serotonin with the tryptophan while mental so. And then they'll start to do the taper of the SSRI. But the issue with taking SSRI and the tryptophan at the same time is this potential for serotonin syndrome. It's not very common but it's – you need to be aware that you could end up with too much.

Dr. Robyn Benson: Great. So what are your nutritional approaches to the person that is just super nervous about travel? Just – they just feel like they can't leave the house. What are some of your guidelines there, besides some of these amino acids?

Trudy Scott: Well, this is with the pyroluria protocol. It makes a really big difference. So if you just can't leave the house, you really got to – the fear and the anxiety can be caused by many different things. So you've got to fit – you've got to – I hope everyone do these questionnaires and we're trying to figure out is it low serotonin. Then we want – is it a fear thing that's in their head? Then we address that with the tryptophan. Is it a physical tension? Then we use the GABA. Is it just discomfort that they feel in

social settings? They're fine to leave the house. But when they're in a big store with all these people, it's too much.

And you talked about this – a lot of people being having the sensory issues and being very, very sensitive, it maybe that. A lot of people will go into a store and there's all this a lot there's all the products and there's all these people. And that might be the adrenals? So it's really a matter of putting all of the puzzle pieces together to try and figure out what is the fact that is causing your anxiety. And it could be different for each person. Obviously, we all have this – our own bad chemistry. And it can also be multiple things. Someone may have bring that adrenals. So, you want to look at the adrenals. You want to look at the six hormones.

Things that we haven't talked about are food intolerances. So if you've got gluten issues, you're going to have possible damage to your gut. That's going to cause malabsorption, so you'll be low in zinc, you'll be low in serotonin, you'll have information that can – just being on gluten can make you anxious and depressed. There's a lot of research. A lot of people don't realize the strong connection between mental health and gluten sensitivity or celiac disease. Social anxiety, bipolar disorder, depression, anxiety, schizophrenia, very, very strong correlation with gluten sensitivity and celiac disease. So, just cleaning up your diet – another very big thing is the red meat component and I'm a very big fan of red meat.

Grass-fed red meat, of course. And so many people say to me that I shouldn't eat red meat anymore. I'm being healthy. I'm not eating red meat. But we need it for the protein. We break down that beautiful red meat into amino acids which are the building blocks around your transmitters. It's got zinc. There's iron. Iron is such an important – perfect for making our neurotransmitters. We get the omega3. We've got as much omega3s in grass-fed red meat as we do in salmon. So, it's just a wonderful, wonderful food. And Dr. Phyllis Jack is a researcher in Australia. And she's done some study looking at populations of women in Australia with anxiety and depression, and it's this real whole food diet that includes grass-fed red meat. And they're finding a very strong correlation between good mental health, good quality food, and including that red meat into the diet.

And when I'm talking about red meat, I'm not talking about a giant slab of steak on your plate with two little broccoli sprouts. I'm talking about a mountain of broccoli sprouts, a mountain of asparagus, a mountain of greens, and a very small sort of palm size portion of protein. That's what we want to be aiming for. We want to be getting all of those beautiful nutrients. Greens, leafy greens, broccoli, cauliflowers, asparagus, avocado, you name it. All the beautiful vegetables on our plates and then a very small amount of the protein.

Dr. Robyn Benson: And what do you recommend for vegetarian friends?

Trudy Scott: What do I recommend for vegetarian friends?

Dr. Robyn Benson: Yes. Our vegetarian friends who really need to get these amino acids. What's the best way?

Trudy Scott: Well, I don't want – I like to say how you're feeling right now. And if you're feeling great, the way you are, eating the way you are. That's great. I've got a lot of people come to me having been vegetarians and realizing that it wasn't working for them. I'm one of them. I was a vegetarian. And that was when all of my issues were there and I have been a vegetarian for a while. And it didn't work for me. And I never thought I would eat meat again. I never thought I'd eat chicken again. I was willing to consider eggs and fish. And once I added the red meat and the chicken, then I felt so much better and a lot of people tell me that. So a lot of people who are prone to anxiety and depression do better on animal protein. If you're not quite ready to go there yet – firstly if you are willing to do that, think about sources that are grass-fed, humanely treated - and I always say – I met this wonderful gentleman in a talk that I did.

A Native American gentleman in one of the mood talks I did actually in Wisconsin. And he said, "We thank the animal before we eat. Just say thank you for giving us our health and thank you for giving us this opportunity to make a difference in the world." So I thought that it was a very nice way to do it. But if someone is not willing to incorporate meat into their diets, I would say definitely consider eggs. Eggs are super, super source of protein. And a lot of vegetarians are willing to do that. And then maybe some salmon if you're willing to do that. Otherwise, getting a good quality protein powder. Not soy. So I would go with B-Protein possibly if you can tolerate it. Maybe a rasp protein, whey protein, a bit with those are options. And then possibly you can get quite a bit of protein from dairy, if dairy is not an issue. Well, then dairy is often an issue for some people. And then there are some pretty nice amino acid lens that you would take as a supplement. But I just think if we can be getting it – our protein, our aminos from real food. That's - long answer but it's a complicated one. And we've got to have empathy because when I was a vegetarian there's no way in the world anyone could have convince me to change my diet. I was adamant that this was the right way to go. So, I think it's just counting that seed there that if you're not feeling great maybe think about things a little bit.

Dr. Robyn Benson: Exactly.

Kevin Snow: And I think in the realm of travel – one of the things we're asking a lot of our speakers as well is what's in your suitcase. So, when you do travel...

Dr. Robyn Benson: I know what's in her suitcase.

Trudy Scott: [Cross Talk 00:00:36:24]

Dr. Robyn Benson: Let me tell you. I want to eat her food. And that's just what she brought last time was the best.

Trudy Scott: So, I usually take – I always make space for my little blender. I usually take a little blender. And that depends where I'm going. The event that I was with Robyn at that we shared a room at the last one it was a nutrition event – holistic nutritionist practitioner event. So we got fed amazing food. And we got beautiful breakfast. We got amazing organic lunches with grass-fed meat and foie gras fish was fantastic. And if I go to another conference that doesn't have that kind of food - other than the snacks because I always take snacks when I'm traveling. I'll take a boiled egg. I'll take pemmican. I'll take some fruit and that. But if I'm going to an event that don't get access to good food, I'll have my little pocket blender that I will take. I usually take a can of coconut milk so I can make a smoothie. I've got my water to filter. I'll take some protein powder. And I've even been known to take some frozen berries and then asks little bag in my suitcase. Otherwise, what I'll do is call ahead, find out where the local whole foods is, and then I'm catching my cab from the hotel to – from the airport to the hotel, we'll swing by whole foods and I'll stock up on stuff for my smoothies. And then get bags of kale chips. I've actually got some issues of oxalates at the moment, so I can't do kale at the moment, too much. But kale chips are a good option. I'll take pumpkin seeds. I'll take boiled eggs. I usually take about like a three-day adventure. I usually take about six boiled eggs with me. Avocadoes usually travel pretty well. So, I would say about a third of my suitcase is usually food.

Dr. Robyn Benson: I just want to show off your book here. This is a gift. This is Trudy's book. That was a gift to Santa Fe Soul Center for Optimal Health where we are right now. The Antianxiety Food Solution, excellent book, How the Food You Eat Can Help Your – Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings. Thank you so much. We love this. This is such a great resource that you should all know about.

But you also have a gift that you're giving all of our listeners.

Trudy Scott: Yes, I do. So...

Dr. Robyn Benson: Everybody who – yes. Who opts in to the program.

Trudy Scott: Right. And thanks for showing my book, Robyn. That's lovely of you to do that. So, the gift is the amino acid questionnaire and some tips on how to boost serotonin and GABA naturally. So, we talked a little bit about low serotonin symptoms. I mentioned a few of those. And we talked about low GABA symptoms. And I mentioned a few of those.

We only touched on two of the five different areas that I work with. I also work with low catecholamines, the low blood sugar symptoms, and the low endorphins which will make you crave sweet foods. And what everyone will get is this questionnaire with all the different five categories, so you can score yourself and see where do you fit. And that'll give you a

clue. Maybe I need to look at serotonin. Maybe I need to look at GABA. Maybe I need to look at one of the other areas. And then I've got a few tips in there in my breakfast and real food and red meat, how you can get started and see what might work for you.

I'm also including the pyroluria questionnaire, so this is a social anxiety condition and then also a few excerpts from the Anxiety Summit. I do the Anxiety Summit twice a year. And I've interviewed some amazing speakers and I'm sharing some of the interviews – some parts of some of the interviews from one of the Anxiety Summits so that you can get a feel. If you have anxiety and you want to take a deeper dive, I'd love you to join us on the next one. It would be great.

And I just wanted to mention one other thing, Robyn. And that is the – when I was talking about pyro Luria, I didn't mention introversion. Have I got a moment to quickly talk about that?

Dr. Robyn Benson: Absolutely.

Trudy Scott: So, a lot of people with pyroluria resonate with the fact that they're introverts. And there was this great article on Huffington Post about these are all this – if you've got these signs, you could be an introvert. And I read this blog post and I thought, "Gee that sounds just like pyroluria." I wonder if this is a biochemical component to introversion. And I did a blog post where I invited people to do the pyroluria questionnaire and the introvert questionnaire. And it's one of my most popular blog posts. I'm aware of that. And people score high on both of them. Then they get on the pyroluria protocol and they say, "I'm no longer an introvert." So, I'm questioning whether introversion is in fact a personality trait or if it is a bad chemical deficiency.

Dr. Robyn Benson: Fascinating. Fascinating. And also this huge category of highly sensitive people. Just this simple – I mean, think how inexpensive it is to take zinc and B6, and to eat healthy. I mean, seriously. How many of – these issues can be resolved. So, wow, thank you. I'm really glad you took the time to mention that study. And then you have a product too that you're offering. A special product to the Healthy Traveler's Summit, do you want to speak about that?

Trudy Scott: Yes. So, the product is the amazing aminos for eliminating anxiety. And it's going to – it takes a – it's a home study digital program. So, you – once you sign up, you get all the material right away. And each week we look at the different amino acid. So the first week we look at low GABA; how to assess for it, how to address it, how much to take, when to take, and then I'll walk you through each week a different amino acid., how to decide if you need that amino acid, how to take it, things to look at for, and other things that will raise GABA. And then we do low serotonin, how to raise that. Then you look at the low endorphins, look at low blood sugar. So it's a home study that you can take – there are little snippets that you've heard about in this interview and if you feel like you want to

take a deeper dive and actually get hand hold – handheld through the whole process. It's a great program. I did it as a group program with 55 women. All the course or report were recorded, all the questions and answers were recorded. And you get access to all of that; all the questionnaires, all the handouts, and everything. So you can – as you said in the beginning, have a cool, calm, collected travel and adventure and feel great all the time. Because I really think we deserve to feel wonderful. We deserve to feel calm. We deserve to feel happy. And too many people just tolerate not feeling the extra space. And we want to feel good whether we're traveling or not. And certainly when we're traveling it's going to make traveling so much more enjoyable. And we want to travel and have fun.

Dr. Robyn Benson: Thank you so much, Trudy, invaluable information. Oh my goodness, I think people are taking lots of notes. Just know that you could – to learn more you can certainly read Trudy's book and this is a great offering to take her class. And just know that this is going to revolutionize – it's just another really important message and how to revolutionize your whole experience around travel.

So, thanks for being with us, Trudy. You are awesome and we look forward to bringing you here again with us. [Cross Talk 00:00:43:26]

Trudy Scott: You're welcome.

Dr. Robyn Benson: Healthcare message too. Wow.

Kevin Snow: Thank you so much, Trudy.

Dr. Robyn Benson: Thanks very much. Bye.

Kevin Snow: Bye.