

Why I am no longer a fan of vegetarian and vegan diets for those with mood issues

By Trudy Scott, Food Mood Expert and Certified Nutritionist,
author of *The Antianxiety Food Solution*



Vegetarianism is a sensitive issue for many people and I can totally relate, having once followed a vegetarian diet for ethical reasons. Therefore, I wanted to share some relevant sections from the book *The Antianxiety Food Solution*.

Here is an excerpt from Chapter 1: Figure out your optimum antianxiety diet....

If you are a vegetarian, I respect your personal choice in this matter, but I highly encourage you to be open to the possibility of trying animal protein if you have mood issues such as anxiety or depression. If you see benefits, as many of my formerly vegetarian clients with anxiety and depression do, then you'll know that this could play an important role in helping you overcome anxiety. If you're initially unwilling or unable to eat meat, don't despair. Consider these sources of protein: legumes, nuts, sprouts, hemp, dairy, and fermented or sprouted soy products like tempeh and tofu. Do this in conjunction with the dietary guidelines in this chapter [chapter 1], and make sure you don't rely heavily on processed soy products. [Also make sure all soy is organic as most of the nonorganic corn, soy, and canola grown in the USA is genetically modified and many preliminary animal studies have shown harmful effects of GMOs. You can read more here <http://www.everywomanover29.com/blog/gmos-are-unhealthy/>] Also consider

supplementing with whey, pea, or rice protein powder, a free-form amino acid blend, additional iron, zinc, omega-3 fatty acids, and B₁₂, if needed. And if you continue to have unresolved mood problems despite implementing the other suggestions in the book, please reassess and consider incorporating eggs, dairy and possibly fish into your diet, and then red meat and poultry if you're willing to go that far.

And an excerpt from Chapter 7: Address pyroluria or low levels of zinc and vitamin B6...

Low levels of the mineral zinc and vitamin B₆ are frequently associated with a type of anxiety characterized by social anxiety, avoidance of crowds, a feeling of inner tension, and bouts of depression. People with this problem experience varying degrees of anxiety or fear, often starting in childhood, but they usually manage to cover it up. They tend to build their life around one person, become more of a loner over time, have difficulty handling stress or change, and have heightened anxiety symptoms when under more stress. This constellation of symptoms is often the result of a genetic condition called *pyroluria*.

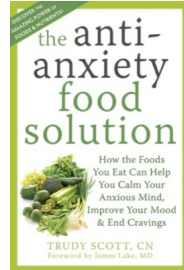
There are many symptoms that pyrolurics have and this is one of the common ones: disliking protein or having ever been a vegetarian or vegan. If any of the above resonate with you, you can see the complete questionnaire here <http://www.everywomanover29.com/blog/pyroluria-questionnaire-from-the-antianxiety-food-solution/> and information on doing a zinc status test here <http://www.everywomanover29.com/blog/zinc-deficiency-and-using-the-zinc-taste-test/>

Vegetarian diets tend to be especially high in copper and low in zinc. High copper levels can also be caused by copper in pipes (and therefore drinking water), cooking pots, IUDs, and by taking oral contraceptives. If you're trying to raise your zinc levels, make sure there isn't any copper in your zinc supplement (there often is). For some of my very anxious clients, even copper in a multivitamin is an issue.

If it's any consolation, I too was a vegetarian before I discovered the dietary factors involved in my anxiety, and I really do relate to your ethical concerns. However, based on my personal and clinical experience, I am no longer a fan of vegetarian and vegan diets, especially for those with mental health issues.

I am Trudy Scott, a Food-Mood expert and nutritionist and I educate women about real whole food and finding natural solutions for anxiety and stress, depression and low motivation and other mood problems. I am so passionate about what I do because I used to suffer terribly from anxiety, unexplained fears, waking with a sense of doom and even panic attacks - and I have used gluten elimination and the amazing healing powers of foods and nutrients to completely heal.

You can read more about pesticides and food quality in my book ***The Antianxiety Food Solution: How The Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood and End Cravings***. You can also read about the other areas that may affect your mood: eating real whole food (including four unique antianxiety food solution diets), avoiding sugar and balancing blood sugar, avoiding caffeine and alcohol, optimizing digestion, food intolerances, balancing brain chemistry, addressing zinc and vitamin B6 deficiencies and lifestyle factors. You will be able to use this information to take charge of your mental and physical health – so you can feel on top of the world always!



I invite you to sign up for my twice-a-month ezine “*Food, Mood and Gal Stuff*” here www.antianxietyfoodsolution.com or here www.everywomanover29.com. You’ll get up-to-date information, new research, recipes, workshop, new product information and two free Special Reports “*5 Simple Steps to Reduce Anxiety Now*” and “*9 Great Questions Women Ask About Food, Mood and their Health*”. You can also find many great articles on my blog www.everywomanover29.com/blog

And if you need more help and one-one support, please contact me about a consultation. I do work with people all over the world and we start the process with a complimentary 15-minute phone consultation. Again, please just email me trudy@everywomanover29.com
To your health and happiness!

Trudy

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