

DR. KEESHA EWERS: Welcome to the Women's Vitality Summit: Caring for Yourself, Body and Soul. This is Dr. Keesha, and you're joining me for a Summit that is for all women of all ages, no matter what stage of life or what you're doing in your life. I'm excited to interview my next guest, her name is Autumn Smith. She's been a health enthusiast her entire life, and began her academic career with a Bachelor's degree in Psychology, and a minor in Dance.

Through self-guided research, she and her husband Chaz healed her IBS, or irritable bowel syndrome, with the Paleo diet. She then studied with The Institute for The Psychology of Eating to become a certified eating psychology coach and Hawthorne University where she obtained a Masters in holistic nutrition. In 2013 she founded Paleo Valley with her husband and brother-in-law. Paleo Valley's mission is to disseminate excellent nutritional information and organic food products, with a hundred million people worldwide. Autumn Smith's commitment to health reached new heights last year, after the birth of their son Maverick. Welcome to the Summit, Autumn Smith. I'm really excited to talk with you.

AUTUMN SMITH: Thank you, I'm so delighted to be a guest, and I can't wait to see where the conversation takes us.

DR. KEESHA: So, I like to start with the word vitality, because the reason I did this Summit is because I see a lot of women lacking vitality. The word vitality, of course, means energy level, passion, zest, and bounds for life. It's the juice, it's the life energy and life force that we have. I always ask every expert that I'm interviewing what they see, so this is your question to begin, as one of the number one reasons for drained vitality in women of this era.

AUTUMN SMITH: Such a good question. Something I really, my story speaks to very well. I think, what it was for me, is definitely a lack of self-understanding. What I mean by that is just, I think, like I said, in my teens I kind of started out as a troubled teen. I had digestive issues and because of that, I didn't understand the link at that time. Now, I had some mental health issues, eating disorder, anxiety, and no one could really cure them.

Mainstream medicine didn't offer any solutions, so I kind of just learned to manage them in really, really unhealthy ways. It wasn't until I met my husband. He's just really in touch with himself. He understands what he needs. His limitations. He kind of said, no, there's got to be a different way to live. There is a different way to live. You're not reaching your full potential here. So, when we did have this diet, small dietary tweak that I was so skeptical of in the beginning, kind of just catapulted me into this journey of self-discovery, exploration, and learning about myself and what I needed.

Knowing that that changes from moment to moment, and day to day. Depending upon your circumstances in your environment. I realized that yes, we can turn our health around, and we can live a vibrant life. It takes a really deep dive into who you are, and what you need. I think that's where it

begins for me.

DR. KEESHA: You know, you said a lot of great, wise things right there. This is something that I've mentioned in several of the conversations I've had for the summit, is that I have witnessed a lot of women that are out of touch, and out of sync with themselves. They're so busy caring for others, and being focused and having their radar tuned in to other people that they're out of sync and out of touch, and not even listening. Never have listened, and cannot even find how to listen to their own selves.

So many women when I work with them from a sexual standpoint, you know I'm a sex therapist also, and when I work with women and they say, I haven't had sex with my partner for a year and now it's just totally awkward, then I'll say, well have you gotten into touch with your own self? What brings pleasure to you? Then they'll say, well, no. I see that often. I'm not able to dial into myself, but I expect my loved one to do that for me. That's messed up. It doesn't work. It doesn't work.

AUTUMN SMITH: No, it doesn't work. No, and I was the queen of being out of touch. I was just living in my head and I think that's so easy to do, not only given our busy world, but like you said, just being a woman and thinking that, okay, prioritizing other people, that's the noble thing. That's the right thing to do. What it does is, you don't understand yourself anymore. You can't let someone love you, if you don't even know what you need. I've found vitality for me is balance. Just knowing this is what I have to give, and giving freely and openly, and with a lot of love, but also knowing, okay, I don't have anything to give right now. This is when I need to receive, and be filled back up. It's so common though, with everyone I work with, it's just a reoccurring theme.

DR. KEESHA: That's a really powerful juxtaposition of giving is what you said, that being able to know when it's time to receive. I think that that's so important. We don't give ourselves permission to receive. Somehow we're not deserving and worthy of receiving unless we've fulfilled some sort of quota that we have in our heads of caring for others. Only if I care for someone else, can I have some sort of little tiny receiving back, instead of I am innately worthy and deserving of all the abundance and love that's available in the universe.

Just by being. Just by being who I am. I don't have to achieve, I don't have to do, I don't have to give. Of course, that's the subtext of this Summit, caring for yourself, body and soul. That your soul knows that, it knows that from the deepest inner recesses. We forget that in our lives as children, and I think as little girls we're really reinforced to be caregivers. "What a good little girl." That's when we say, "Oh, that's how I get attention. That's how I get love. That's how I get respected is if I'm giving."

AUTUMN SMITH: Yeah, it wasn't until I became a mom that I fully let that go. I'm still not great at it. It is a practice for me to receive. I think motherhood just forced me into that, because you suddenly

don't have as much to give. You can't take quite as much on, and you're kind of forced to become a beacon of integrity.

I want to mention a book that really, I mean just really, helped me with this process. It just was so beautifully articulated. That's, *Immovable Heart and Unstoppable mind*. They talk about the pattern of avoidance and aggression. It's by David Zappasodi, and when we avoid our own needs, eventually what happens is they just build up, and we're going to move into a pattern of aggression. It's like we say, you're just really not doing anyone favors, because those feelings, they're going to come out. Whether it's in this verbal aggression, or if it's in the health symptoms. There is going to be an outlet, and so just by keeping yourself authentic, in line with your deeper desires, you can do wonders for your own health, and be respected and loved in a way that you deserve.

DR. KEESHA: Well of course, as a medical practitioner, what I see is the aggression toward self, where we internalize and our body begins to attack itself. So many of my patients have autoimmune disease, and they don't even know it when they come and see me. We do testing and we find out, and I present this to them, and having had autoimmune disease a couple of decades ago myself, and hearing it, I know why I was attacking myself now. I've talked about that in my story, but so often women aren't even realizing they're doing that. That the aggression has turned inward on self. They don't even have that language that you just so beautifully put to it, that it will be manifested in aggression. I think that that's really an important concept.

AUTUMN SMITH: Such an important concept, and far too, too common. I'm so glad for the work that you're doing to bring attention to these issues, because among the women that I work with, they're looking for that vitality, but they're not even thinking about. What am I thinking? Am I loving myself? They're not even checking in with it, so this is really important work. It moves the needle for so many of my women, they just start the process thinking they're going to learn about diet because I work with diet, but then they end knowing so much more about themselves. That's where lasting health comes from. Self-understanding and self-love, but I don't think you can really have sustainable health without it.

DR. KEESHA: Well, of course every flight attendant and every airplane talks about it. Put your oxygen mask on yourself before you put it on your child. Me being the other oriented person that I have been my whole life, and had to get a grip on, and learn for myself, this is a skill. You have to learn. The first time before I had children, the first flight I took when I heard that instruction, I remember being appalled. Horrified. Thinking in my head, I would never put the oxygen mask on myself first. This is awful.

Then after healing from these ways of thinking, these self-limiting beliefs, these behaviors, and saying "oh, I get it now, if you don't have anything in the well of your heart to dip into, then you're not

actually being compassionate when you serve another. it's actually a mercenary thing you're doing. you're giving to get something back." That's a really fascinating way of thinking about generosity and kindness as a currency, rather than an actual gesture of generosity. It's a strategy we created as little girls, because that's what was reinforced.

Of course, I talk about this. It's from an enneagram perspective. I talk about this in another session, but I think that that's really important distinction. I wanted to turn back to something that you just said, where you talk about nutrition, and you end up talking about what motivates you. I would love to start with your story of an eating disorder. You kind of breezed right past that, but this is a problem for a lot of women and men. Women, there are many of them with eating disorders. It's not really a disorder of eating, is it?

AUTUMN SMITH: It's not. Food, a relationship with food, is kind of a relationship with life. It's, food's just a doorway. It's one of those ways that our issues are manifesting themselves because we're not listening. Yeah, I did, as a teen, I had a strong need to feel in control of something. My life just felt like it was out of control, and I suffered so I think that I was, it was kind of an easy place to take hold. I really struggled for a number of years, and I cannot easily say. The genesis was kind of my digestive issues, and I think I was suffering from depression and pretty severe anxiety. I'm not sure that that wasn't just what was starting all these other issues, because I went from an eating disorder, and then I started to abuse substances, and I think I was just managing this feeling of being unwell and out of control of my health, basically.

It was really, really hard. Like I said, I didn't even pull myself out of it. I tried meds, they made me feel like a zombie. I talked at work and nothing really seemed right. I was able to look at my diet. I think my eating disorder was asking me to pay attention. Can't go through life at a hundred miles an hour and not listen to your body ever, and give always. In fact, my body was just falling apart and that's not sustainable, so I did have to stop and focus what was at the genesis of these issues, and it wasn't until then that I felt fully recovered.

I feel like I have a healthier relationship with food than ever. I'm really grateful for that. I think a good relationship another really important piece. My husband is my perfect compliment. I am really tons of energy, an emotional spectrum you wouldn't even believe, and he is so centered and calmed.

DR. KEESHA: That's wonderful.

AUTUMN SMITH: I've just been very blessed.

DR. KEESHA: I actually think the same thing about your relationship with sexuality, it's only a snapshot of your relationship with all of your life, too. These are simple pie chart slices of a snapshot of your entire life. If your sex drive is low, then your relationship with that is going to be reflective of

where you are with everything else, too. It's a great way to start and to dive into that, as is relationship with food.

AUTUMN SMITH: Yes, totally. I always have my client ask themselves if this health symptom were here to teach me something, what would that be? Just to kind of help get their curiosity flowing. It is very rarely about the way its manifesting itself. It's something else. It's a little more under the surface, and you have to pay attention to yourself to figure it out. Which sometimes is hard.

DR. KEESHA: An illustration that you're not a body, you're not a separate mind, you're not a separate heart, and you're not a separate spirit, but you're an integrated system. We tend to try and tease those out and put them into boxes, specialties, categories, and conventional medicine. It doesn't work. It just doesn't work like that. You're an entire being. These kinds of symptoms and what we're talking about illustrate that and kind of show it in the mirror for us. You aren't just one part of you, you're an entire whole being.

AUTUMN SMITH: I found that so remarkable. One, these simple changes in diet could help with all those underlying conditions. I felt like I was just doomed and destined to be troubled, I think, my whole life, because I had such a hard time as a teenager. It was just a few changes and I was a new person. Yes, everything is related, and if you're having ten plus different symptoms, that doesn't mean you'll be stuck on this wheel forever trying to figure them out. They're all connected.

DR. KEESHA: The root cause. It's all the roots. We tend to chase these symptoms; they're just branches on the tree of the same root. Let's talk a little bit about the subject of this session is taking some of the junk out of snacks, which I find to be an interesting subject material because as I give advice to my patients when they come to see me about nutrition, and what's showing up for them, I often hear that I don't have time to do the things that you're talking about. I don't have time, I'm on the run, you don't understand Dr. Keesha, I travel all the time. I'm in airports all the time. Or, I'm in a car all the time traveling for my work, or I'm running kids around to soccer games, and I don't have time.

Time is something that I find is talked about a lot. Of course, we do know that if those of us that eat healthy know that we could stay in the kitchen all day long and chop up things and cook and create really wonderful gourmet fantastic healthy meals for ourselves and our families.

Some people, and you'll find them in the blog world on the internet, have devoted a ton of time to that, and shared their journeys and recipes with us. I'm so grateful for that, because I can just, with a click of a button, say what I'm in the mood for and put the word 'Paleo' before it, and then I've got a healthy option. I also am very busy, and I've become very efficient in how I feed myself. I know that's something that's true for you, and I would love for you to address, how can busy women eat well and feed themselves in a healthy manner, as well as their families?

AUTUMN SMITH: That is the million-dollar question. That's why my husband and I, we started this company and we're thinking, okay. We're going to need to inform and educate people, and they just need to know which foods, and then we just said no. What people really need are really high quality snack options.

We love whole foods, and we would love it if everyone had the time and desire to sit in the kitchen like you said and prepare every meal themselves. It's just not realistic. So, we went and thought, okay if we're going to find these products, and they're products we feel comfortable eating ourselves, and we want to give to our family, and we searched high and low. They just didn't really exist according to our standards. It seemed like no matter how good the intentions were, they were just cutting corners. Little corners, and to some people might not matter, but for us, we just wanted to prioritize everyone's health first and foremost.

We decided we had to create them. So we got into the products. We have our line, and it's growing. We have several things to talk about with the products if you want, we can touch on them later. That is a big chunk. They're a crutch for me, about every day I have at least one of our products lying around, because you can't live in a little bubble. You can't stay in the safety of your kitchen forever. You're going to have to venture out into the world, it's a big place, and there's so many wonderful things to do. Especially as a Mom. You don't even know where life's going to take you, or if you're a working lady too, same thing. Having those high quality options, that is the biggest piece of the puzzle for me.

Also, in my own home, I find these little recipes. I don't love to linger in the kitchen, I haven't really been very comfortable with it, but like you said so many bloggers these days, I just make a recipe or two, have kind of these staples. Probably like ten recipes I make pretty consistently. You just get more and more comfortable, like my little morning acai bowl. What I also like to do is batch bake. This is really, really easy actually. You take a Sunday and you have these, maybe set aside twenty crock pot meals you're looking for, just shop one time and then put them all into a freezer bag. All of a sudden you have twenty meals you can pull out and just pop in the crock pot. I also like to just make huge portions so I am always eating leftovers.

When you plan intelligently throughout the day, or your week, rather, take one day and just sit down and make a really, really thorough list of what it is you're going to need. Go to the store one time, it actually doesn't take the time you thought it did. Especially if you learn a little bit about kitchen spills, that was a big stumbling block for me too. My mom worked too, we didn't really spend a lot of time in the kitchen, so I didn't have these little basics, but they really do save time. They're not that intimate once you jump in. You can learn them on YouTube. That's what I did. I just learned a few of the most basic kitchen skills and then I just kind of went for it. I'm really busy because, I have a one-year-old, and I'm also running a company, and I also like to have a good time and I have some friends. I have a very, very busy life, but I don't stray from the diet.

I just make really, really smart decisions. Another thing, when you eat high quality food, you don't have to eat as much, and you won't have those crazy hunger pangs. It won't be intolerable or insatiable at all. It's very, very manageable. You have to eat less. You can probably go for longer periods of time, so it's actually a really liberating experience in terms of the time commitment. That's what I've found, at least.

DR. KEESHA: You know, I'm a mother of four. My youngest is 19-years-old now. When they were all home, and it was a busy, busy, busy, busy time with raising my children, I did the exact same thing you're talking about. On top of that, I also created food co-op, where I had some friends that were in the same boat as I was. We would actually make meals for each other. I had five friends that would do this, so that's six days a week. I had to cook once a week, and then we'd have leftovers of our meal, and then the other days of the week, I had meals brought to me.

That's a really great way of doing it if you have some friends that also are passionate about eating a certain way, you can bring them together and create this little food cooperative. Just deliver meals once a week, and get them delivered the rest of the week. It was always fun because we sat together and we came up with guidelines about how it was going to look. If I did this today I would say no sugar, no gluten, no dairy, no soy, nothing processed. I'd do whole foods, and also get the input of everyone else. We'd follow these guidelines for each other, then we would know that that meal is something safe, and it's kind of exciting to not know what you're going to eat that day until it gets delivered.

AUTUMN SMITH: Right? You didn't have to cook it.

DR. KEESHA: I love that.

AUTUMN SMITH: I'm going to do that!

DR. KEESHA: It's a really, really great way of doing it. I did the same thing where I would just cook giant amounts. My husband teases me today because I still cook for an army and put it in the freezer. He says, you know, it's just the two of us now. I say, that still doesn't matter. I still don't want to spend all day in the kitchen. I don't care if it's just the two of us. We still have these leftovers.

I still use the crock pot, and I still make way more than we need so that I don't have to cook later in the week. I'm very adept at coming home from work and just chopping up a ton of vegetables, throwing them on a roasting pan, putting some olive oil and sea salt, putting them under the broiler for five minutes, and then voila. We have fresh vegetables, plus whatever it was that was in the crock pot for the day, or in the soup pot.

So, it's not as hard as people think. If you're going to make gourmet with sauces and things like that, and reductions, and all of these things that I don't do, then you can spend a lot of time. If you're going to have dessert with every meal, or you're going to make some sort of gluten free or Paleo bread to go with your meal. I don't eat any of those things, so. It's all whole foods so it makes it super easy and very simple and quick to make when I do it with this very intentional strategy that you're talking about. It works great

AUTUMN SMITH: Yeah. Gosh, I just read this book. I want to give Leanne Ely a little shout out because I thought her tip was just genius.

DR. KEESHA: She's on the Summit.

AUTUMN SMITH: Oh, she is? Oh, great! Okay, so she taught me that you just make a little salad bar for your fridge. The day that you get those carrots, you chop up those carrots, you chop up those cucumbers, you chop up the romaine, onion, and whatever else you like. Then you put them in individual containers in your fridge. Throughout the week, just because your taste preferences are going to change, you just throw them in the bowl and then you have a salad. You throw a little protein on it, bam, it's just done.

DR. KEESHA: Another thing that I just love is growing my kitchen herbs outside on my deck, where all I have to do is walk out the door and I can clip them off. I live in the Seattle area, so that climate is conducive to that. You might have to grow them indoors if you have really harsh cold winter times, or super blazing blistering hot summers. You can put them in a windowsill and have a windowsill herb garden, but chopping, just going and clipping those and putting them over your vegetables is such a great way of adding spice. So often people will say, this is bland, boring food. Then, you need to get out your spices and your herbs. That's what adds the pizzazz and the punch to it.

AUTUMN SMITH: It's so true. I just started experimenting and gaining a little confidence in that arena. I too have a little basil on my little porch here, and I've had salads or whatever. It's crazy how much of a difference it makes, and some mint. I add that to my morning shake and it's just a different experience entirely. I fully recommend that. Anyone can grow them at your own homes.

DR. KEESHA: You talk a lot about the prevention of anxiety through food. I would love to have you talk about that.

AUTUMN SMITH: Yes, that was actually my thesis. When I took that time to sit down and think about, at the genesis of my number of issues, I think that was it. It was the anxiety, and it was kind of

concurrent with my irritable bowel syndrome. The literature supports that, there's a lot of people who have digestive issues, have a lot of mental health issues and so. It's a huge, huge area of interest for me.

I just found there's a lot of research supporting this now. This is supported in the literature that traditional diets kind of Paleo-esque, a lot of the literature has actually done the Mediterranean diet. Traditional-esque diets have far better mental health diets than do over-processed diets. It's not only the processed foods deteriorating mental health, but the lack of really high quality nutrient dense foods. That seems to be, maybe an even more important predictor.

What I found in my research was that caffeine, alcohol, GMO's, gluten and sugar, and basically balancing your blood sugar was enough for a lot of people to be able to get rid of your anxiety. That balancing blood sugar is just such a simple, simple tweak that I wanted to share with people.

Sometimes, food sensitivities, and heavy metal exposure, there are other causes of anxiety. Dietarian intervention is risk-free. Anyone can do it. It's a really nice place to begin. What you do is, I just make sure the people I work with start their day with high quality protein. Twenty to thirty grams right away in the morning, because I don't think people understand that the blood sugar surges. They can actually create the anxiety. Keeping that really, really stable right away in the morning will just set you up for a nice, steady, calm hormonal picture because your blood sugar is tied to your hormones. That's a really, really great way in the beginning. Then, just trying to have protein or high quality fat with every meal.

The number one thing that I think surprises most women. Everyone knows that yeah, we've got to get rid of sugar. Gluten, obviously, I think people are coming around to that idea. That's really associated with anxiety. The caffeine piece for me was so huge. I would drink green tea because I was working as a fitness trainer and I thought I needed it because I was working out multiple hours a day. I would always come home and collapse into a pile, and my husband would find me crying. I didn't even know why. I thought I needed some sort of medical intervention but it was just I was drinking too much caffeine. When I eliminated it, I didn't feel that way anymore. I actually had more energy.

My two big tips for that are learn to balance that blood sugar, and get the caffeine out of your diet. You don't have to do it forever; I know people love their coffee. Then you'll know if you just experiment with it, then you'll have an idea as to whether or not its contributing. Also, you've got to take care of your gut health. Probiotics, I highly, highly recommend.

DR. KEESHA: Before we move into probiotics and fermented food, I want to stay with this for just a couple of minutes. I've done this in my practice and I want to make sure we make it super, super clear. Food = mood, everybody. Food = mood. A guest I've interviewed on my Healthy You radio show a couple of times wrote a great book called Potatoes, not Prozac. That was my first introduction to the detox/retox roller coaster. The fact that I was a complete addict.

I was a sugar addict and didn't know it. What she went back to school and discovered through her doctoral research was that sugar acts the same as alcohol, and cocaine. In fact, there have been

studies since then that have been done that show mice will go after cocaine if it's provided, but they'll go after sugar over cocaine if they have a choice. That's a really, really powerful statement.

Scientific finding of the addictive quality of sugar. Our breakfast in the United States, people tend to expect to be pretty sweet. Orange juice. My gosh a glass of orange juice has more sugar in it that you should have in your day. It's pretty fascinating to think about the fact that orange juice is the same thing as a candy bar. A banana has as much sugar as a candy bar. Waffles.

People will think they're being healthy when they buy a gluten-free waffle. I want to come back to this idea that gluten-free does not mean healthy if you're buying it, and it has a label on it, and it's in a cardboard package. That means there's more sugar in it, and no whole grains.

AUTUMN SMITH: Yes, exactly.

DR. KEESHA: It's really important that you understand this drives your blood sugar for the rest of your day, and your mood. So, I think it's a point well taken that you're saying.

AUTUMN SMITH: I know, and I thought, like I said when I was having that anxiety that, oh my gosh, there's something going in my life, I just don't know what's making me so upset. A lot of times, like you said, the biochemistry comes first. That crash, and then you kind of are thinking, okay, well what's wrong. Well, I don't know. Well, I'll make something up, or whatever just happened. That's what's wrong. You kind of attributed it to what happened most recently. You feel like you can actually find your center.

I eat very, very little sugar. Yeah, not the waffles. I do the Paleo diet, but I don't eat a lot of that gluten-free bread or any of those processed foods. I look for foods that are naturally gluten-free. Whole foods. I even kind of limit my fruit intake to two pieces a day or so. I tend to. I could go crazy with that. Staying away from dried fruit, fruit juice, absolutely. Any sugary sodas, just really being mindful of eliminating processed foods in general, but really being careful about that. Your breakfast for sure, will set you up on the right foods.

DR. KEESHA: You just mentioned something that I again want to reiterate. Dried fruit is sugar cubes. No sugar cubes, everybody. It's concentrated sugar.

AUTUMN SMITH: You can eat five apples in a handful, and I used to. It's not good.

DR. KEESHA: This is something that JJ covers in her talk, too. It's a really important concept. I want to give an alternative to coffee before we move on. I don't know if you've heard of this Autumn Smith, but, capomo? C-A-P-O-M-O is a Mayan nut coffee alternative that tastes very much like coffee. It

smells like coffee. You brew it just like coffee. It's very, very satisfying, but it doesn't have that acid, and it doesn't have the caffeine in it that coffee has in it. We use it in my clinic all the time.

You can get it online at Amazon and it's called Capomo. People in my practice are wild about it because they get to still have that ritual. Remember, I live in Seattle, which is the land of Starbucks. Sometimes I'm taking people off of sometimes six cups of coffee a day, and putting them on Capomo.

AUTUMN SMITH: That sounds amazing. I haven't heard of it, but I'm definitely going to try it. We have our own little thing that I do if you're not quite ready to give up that ritual. It's kind of the same thing but it's a little bit more downstream for people who love their coffee. We take herbal tea, chai herbal tea, and I like to add a little bit of ghee. If you're not familiar with ghee, it's this deliciously nutty omega fatty acid filled antioxidant bomb. All we do is we just steep the tea for a while, then we put it in our little Vitamix and we stir or actually blend the ghee in until it's foamy. It kind of gives it a warm latte feel. It's a little foamy. Then I can add some cinnamon and nutmeg and the sea salt, because I'm experimenting with those spices. It's a really, really delicious alternative as well.

DR. KEESHA: That is, and of course that would be Dave Asprey's Bulletproofing, right? Really, really serious.

AUTUMN SMITH: Yeah, yeah. With the herbal tea.

DR. KEESHA: Right, yeah, you can definitely do that. Ayurveda is something that we've talked a lot about on this summit, with Dr. John Douillard's talk, and John Emmel, and Dr. Christine Horner. So, I want to just insert right here that not every body type can have a ton of ghee every day. If you're Autumn Smith's body type, which is very, very vata, then actually a shot of ghee in whatever you're drinking every morning is so grounding and so good for you. It will be a great anti-anxiety kind of food, but if you're a kapha body type like me, and you add ghee every single day to your hot drink, you're going to gain weight. Just want to tell you that.

AUTUMN SMITH: Nice. I love that. Is your alternative better? That's my husband too, and I love that you threw Ayurveda in here. You're right, I'm a vata. Did you know that just by the energy from our conversation?

DR. KEESHA: Oh, yes. Yes. Also, dancers are vata. Ballerinas are vata people. You don't see kapha people on the ballet stage. It just doesn't happen.

AUTUMN SMITH: I think my husband's a kapha too. Yes, I love that. We're all unique, what works for some will not work for others. Thank you for adding that.

DR. KEESHA: Right. So, you also talk about the quality of red meat, and how that is associated with anxiety and depression. I would love to have you speak to that right now.

AUTUMN SMITH: Yeah, that was my favorite finding. In all my research on anxiety, my friend I mentioned before, she's a researcher out of Australia. In her dissertation, she went into it because she was a vegetarian, thinking like I think like a lot of people do: "Red meat is not a healthful food, and it will most likely be associated with increase in anxiety and depression." She found the very opposite. In fact, Grass Fed red meat, because that's what they're eating in Australia primarily. That's what the research was done using, is actually most the anxiety productive food of all.

Vegetables, any other food group, it was all about red meat. Then it was in the linear fashion, so it seemed that the more red meat people ate, the less anxiety they are prone to. That kind of inspired us, or made me really excited about creating our B6, because I do think there's a stigma against red meat, but for mental health it's so important. It's got that iron, zinc, the B vitamins.

It's such an important and therapeutic food for people who suffer from anxiety and depression. I really wanted to get that message out there. She's looking further into the research because she was so surprised about it, so I'm excited to see what her further research will show.

DR. KEESHA: Again, in John Immel's interview we talked about from an Ayurvedic standpoint, experiment with the information that you get on nutrition and see how your body responds. Red meat is genetically not for everybody. There's ten percent of the population that actually ought to be vegetarian, which is not a very big number.

It's so fascinating because when we hear these kind of broad strokes, like forks over knives, or Paleo for everybody, it's so important to understand that we have our own unique genetics, and there are ways now to tell what the diet is for your body type. I run a 23 and Me panel on most of my patients nowadays. I spent four years studying genetics, and I can pick out of that if you process red meat well. Looking at your apoe gene, whether or not a Paleo diet is right for you, or a vegetarian one. Coming back to that, there's no one size fits all.

My genetic type loves red meat, when I was vegetarian for 20 years, that's when I got rheumatoid arthritis. I got very sick running marathons and being vegetarian. Not for everybody, you know? By the same token, my husband has an apoe 4 gene, in his genetic makeup, meat's not good for him. He sticks with fish, vegetables, and legumes. He's one of the ten percent that has a lot of Alzheimer's in his family, and dementia. He's turned that gene off by eating in this very specific way for his genetic makeup. Very, very interesting, but ninety percent of you, this is really important. Paleo is a great way to go for ninety percent of our population. That's a big number.

AUTUMN SMITH: That's a huge number, and I just want to say, it's exactly the same in our house. My

husband loves the red meat, can tolerate it really well, it took me a while to come around. I had all these biases against it, in the beginning I think I had low levels of hydrochloric acid, so I didn't digest it particularly well. Once I kind of addressed that issue, and I do eat it, but not in huge amounts. Just a few times, like two or three times a week. That's definitely been my experience too.

DR. KEESHA: So, you've got these amazing B6. Oh my gosh. They're grass fed, they don't have anything genetically modified, non organic, they taste so good. I was introduced to them just before I went on an international trip to Bali. They became a big part of my airplane food. I just want to give you feedback. Fantastic. Absolutely fantastic snack. I would love beyond these amazing Paleo Valley beef sticks that are really grass fed, red meat, wonderful. What are some other snack ideas that you can talk to our listeners about that are high quality?

AUTUMN SMITH: Other snack ideas. Well, we're working on more. We have some super food bars coming out, the goal was to make them really, really low in sugar. Everyone was kind of focused on taking out those buzz words like I said before, gluten free, soy free, dairy free, etc, but then not necessarily worrying about what was left, and if there are nutrients in there. We are all so nutrient deficient. This is a big deal, right? It's true, it kind of just doesn't.

DR. KEESHA: Soy-free, dairy-free, and nutrient-free.

AUTUMN SMITH: Exactly!

DR. KEESHA: That is funny.

AUTUMN SMITH: It was a real issue. So we created bars with some chlorella and spirulina and ginger and collagen and coconut oil and coconut butter. This still tastes amazing with three grams of sugar. That's a very big issue, like you said, a lot of people aren't even tuned into this counting the sugar grams. That's also a really, really great tip for people. Start tuning yourselves, if you're going to eat processed foods, or even companies who are doing things well, but start tuning yourselves to those numbers on the sugar grams. That will be a really, really powerful tip as well. So we're creating those, for sure, as well as a meal replacement. What other go-to snacks? I love egg muffins.

DR. KEESHA: Say it again, you're cutting out. You're cutting out, so I heard, I love and then nothing else, so repeat what you just said.

AUTUMN SMITH: Okay, I'm sorry. I love to make egg muffins and just in the beginning of the week, like an omelet, put it in the tin, also loved deviled eggs. I love to take avocado and slice it and put some

pumpkin seeds on there. They're not as transportable but that's exactly why we did the meat sticks and meat bars everywhere. Those are my go to snacks. I don't really have a lot of other ones that I can even eat on the market because I do tend to have that intolerance to a lot of carbohydrates. It's really hard to find snacks that work for us. That's why we had to make them.

DR. KEESHA: Well, what I do in addition to taking along the healthy options that you just talked about is whenever I go on a flight that's any more than two hours, I actually roast a whole bunch of vegetables, and then put them in a container and take them with me. You can take homemade food on the plane with you, as long as it's not liquid.

I'll cut up a bunch of broccoli, put a few carrots and some cauliflower on a pan, maybe add some sweet potato, and then some olive oil and sea salt. Roast them with a broiler. Let them cool down a bit. Stick them in a container. I pull those out on my flight and I eat those.

Another great idea is free-range rotisserie chicken that doesn't have anything added to it, that I get one at my local food co-op. I'll debone that, and I'll put the meat in a baggie, and I'll take that with me along with my vegetables. often times that'll last me three different meals, if I take enough with me. An international flight that lasts for thirty hours, that with a bag of pumpkin seeds and some sunflower seeds, I'm good. I don't have to eat what they're serving on the plane or in the airport.

I don't think people realize that they can take a full meal on the plane with you. You don't necessarily have to be trapped with whatever's available from the airline or the airport.

AUTUMN SMITH: I don't think I even realized that, and the other thing that I've done, but that is something I will do, that is such a great idea. I always kind of use it as, okay, well I'm just going to give my digestive system a break here, but thirty hours, that's different. That's not as easily done.

DR. KEESHA: Bali, Africa, I take people over on those trips, and that's a long time. When you take good healthy food, it also makes it so you don't get so jet lagged. Stay away from the alcohol, stay away from the caffeine, stay away from the processed food that they serve you, and you're going to actually arrive to your destination in a much better frame of mind than you do if you don't do that.

I also take protein powder, I have a Paleo protein powder that we carry in a baggy with a scoop and an empty water bottle. I'll just ask for water in my bottle and add some protein powder to that, and shake it up, and I can have that, and that's a very quick and easy protein that can go with my vegetables.

AUTUMN SMITH: That's great, and that's something that I do too, that I'd forgotten. That saved me a lot of times.

DR. KEESHA: For sure. Alright, so I would love for you to share what do you see as the crap in snacks that are hidden, that people don't realize that they're consuming.

AUTUMN SMITH: Oh my goodness. This is such a big topic, and I'm just going to speak to the one that is my most recent experience, and that was when we started off and we created our flagship product, our grass fed beef sticks. The first iteration, we thought we were doing everything right, and we were, and on the label you'd find lactic acid or citric acid. We assumed you know, oh, that's made from citrus or some fruit. That sounds really, really healthy.

When we looked into it, it was actually really shocking, because encapsulating citric acid is a process where they grow the citric acid a lot of times on mold, on gin or corn and then they encapsulate it in hydrogenated oils which is trans fat. These beef sticks on the market that say lactic acid or citric acid, they're likely also containing GMO's and these hydrogenated oils which are just devastating to your health. That's lurking in pretty much every shelf stable meat product out there, except for us because we chose. Wow, we have to do this better, we have higher standards for this.

So we decided to ferment ours. Nobody wanted to do it. I think we called hundreds of processors. Because it takes four times as long, but we found someone willing to do it and he's been with us ever since, and it doesn't only eliminate those nasty ingredients, but it also yields probiotics. A billion probiotics per stick, so it's a nice thing but aside from that I found almost all food manufacturers, they have great products but they're cutting corners somewhere. A lot of hidden sugars, and those natural flavors, you can have MSG if it says natural flavors.

That's another big one. Just being very careful and watching organic ingredients is so important because you can have certain ingredients be organic and others not. Un-organic ingredients can do a number on the microbiomes. Really, really focusing when you're choosing your options because it's easy just to look at them. I did this last night. I just grabbed something that said organic, and I didn't look carefully enough, and I ended up eating a bunch of cane sugar. Yeah. Just being mindful watching out for natural flavors, lactic acid, sneaky little terms that can get your tummy in trouble.

DR. KEESHA: Great tips. Thank you Autumn Smith. We are out of time and I want to thank you for sharing just a tiny little bit of your wisdom in this short amount of time with our summit participants. Really appreciate what you're up to in the world and these fabulous paleo valley basics.

AUTUMN SMITH: Thank you, it was an honor to be your guest. Thank you for the work you're doing.

DR. KEESHA: Aw, thanks. Remember everybody to live, love, laugh, keep on learning, and be the most fabulous version of yourself, until next time.