

**Autoimmune Wellness with Mickey Trescott and Angie Alt  
PMR #146**

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Tony Federico: Hey, Paleo Nation. I'm Tony Tony Federico and you're listening to Paleo Magazine Radio. Battling an autoimmune disease is almost always a difficult and frustrating situation. From mysterious symptoms to difficulties getting a diagnosis to treat plans that offer little hope for a cure, it's no wonder people end up feeling broken and discouraged by the process. But with five autoimmune diseases between the two of them, nutritional therapy practitioners and cookbook authors Mickey Trescott and Angie Alt have developed a plan for not only overcoming autoimmune disease, but for creating a lifestyle that is centered on total wellness of the body, mind, and spirit.

In today's show I'm joined by both Mickey and Angie to discuss their own personal battles with autoimmune disease, how the appearance of health can be misleading, transitioning out of veganism, sneaky symptoms of autoimmune dysfunction, the basics of the autoimmune protocol, their favorite AIP recipes, how to sharpen your intuition, how to avoid the supplement graveyard, and why anyone with an interest in health will benefit from reading their new book, The Autoimmune Wellness Handbook.

But before we get started I want to take a quick moment to thank the sponsor of today's show: Ancient Nutrition, makers of the original Bone Broth Protein. Since Bone Broth Protein is made from actual bone broth, you might be wondering how it tastes. Or at least that's what I was thinking. So I asked Ancient Nutrition founder Jordan Rubin what his friends thought of the flavor.

Jordan Rubin: Went to a friend of mine who works and anchors the NFL network and played in the NFL for eight years and had him try this. He was using another protein that was very, in my opinion, poor quality but one of the top sports nutrition brands with artificial sweeteners. He said, "I'd drink this every day."

Tony Federico: Not only do pro athletes love Bone Broth Protein. Apparently kids do, too.

Jordan Rubin: My 11-year-old's like, "Dad, I didn't have my Bone Broth Protein today."

Tony Federico: To try Bone Broth Protein for yourself, go to [ancientnutrition.com](http://ancientnutrition.com) and use the product locator to find local retailers of Ancient Nutrition products near you. All right, Nation, it's time to get well. Paleo Magazine Radio starts now. Hey, everybody, welcome back to Paleo Magazine Radio. I'm here with Mickey Trescott and Angie Alt. They're the authors of The Autoimmune Wellness Handbook that's recently released. I've got a copy of it right here on my desk. I was looking through it earlier today and was thoroughly impressed. Ladies, congratulations on your new book, first of all.

Angie Alt: Thank you.

Mickey Trescott: Thanks, Tony.

Tony Federico: I know getting a book out is no easy feat, and you've had a couple under your belt at least. Thinking about doing a book with the work involved, with everything that goes into it, it's obviously something that you have to be passionate about. Outside of having a ghostwriter just do it for you, any book on whatever subject, whatever it is that is in your heart, it's a labor of love, and that has to come with passion and personal experience.

I want to dive into that and I want to dive into where that passion comes from and what personal experiences you had that generated kind of the energy to put this work out there and to put this information out there. Let's go ahead and just start off with you, Mickey. If you could give us just a kind of a brief rundown of what ... What was your issue? What was your struggle, your challenge that you were able to ultimately maybe not cure but maybe overcome or reframe or manage better?

Mickey Trescott: Yeah, so I was diagnosed with both Hashimoto's and celiac disease when I was 26 years old, after about a year of struggling pretty seriously with my health. I'll spare you guys the very long story. I ended up with no job, barely being able to function. I couldn't even load the dishwasher or if I did, my husband would congratulate me and be very happy, because I was really in a serious health crisis.

Tony Federico: What did you think was going on? Sorry to cut you off there, but I'm curious. In that process while you were undiagnosed, what was going through your head? What were you thinking was happening?

Mickey Trescott: Actually that actually happened a couple months after my diagnosis, so I had just been diagnosed after kind of a lot of non-specific random symptoms, so things like numb and tingly fingers and just feeling really tired and hair shedding and that kind of thing. I got my diagnosis and then things went downhill very, very quickly, to the point where I lost my job because I kept going to work and being so tired that I couldn't stand long enough.

Tony Federico: What kind of work were you doing?

Mickey Trescott: I was a barista, so I was working in a coffee shop and they were just getting people to cover my shift and finally my boss was like, "Hey, I love you, I know something's going on but this isn't going to work out." I went back to my doctors and I said, "Hey, I have these autoimmune diseases. Can we do something about this?" They said, "No, but you might be developing another autoimmune disease." What I thought was going on was ...

I fluctuated back and forth between developing a worse autoimmune

disease or actually having something else wrong with me that was causing me to die. I felt like I was dying. I kind of went through a grief process where I realized that a part of my life was actually dying, and that was the young, happy, active, kind of naïve ... I never had to think about my health. I ate whatever I want, I did whatever I want, I was very overactive, stressing my body out a lot with the level of activity that I did. Yeah, that's what I thought was going on. It was very sad and confusing.

Tony Federico: Oh, man. How old were you at this time?

Mickey Trescott: I was 26.

Tony Federico: Okay, so certainly not old by any stretch of the imagination.

Mickey Trescott: No.

Tony Federico: But in a way feeling like you had to grow up and kind of had this sobering experience. After the diagnosis, what were some options offered to you? What were some-

Mickey Trescott: None. Zero. Yeah, the treatment options were "Okay, you have celiac disease. Stop eating gluten." Well, I stopped eating gluten and I actually felt worse. Then "You have Hashimoto's disease which is autoimmune thyroid disease, but your thyroid output is normal so we can't give you medication. About all these other symptoms that you're having" ... I started having numbness on the left side of my body. I started slurring my speech.

I started not being able to really think clearly and I was getting really fumbly and dizzy and kind of tripping over things a lot. They were going to do an MRI to see if I was developing multiple sclerosis, because that was the other thing that they thought, "Maybe you're getting worse." When I had that MRI scheduled I had to wait six weeks, and that six weeks I kind of had the come-to-Jesus moment where I realized that using the conventional medical system, they were not going to be able to help me.

Because even when I talked to the neurologist and I said, "Okay, so I get diagnosed with MS. Then what?" They were like, "Well, we watch what happens for six months. Then we take another MRI and we see how the progress is and then we talk about the drugs." Nothing that they were proposing was going to make my quality of life change in that moment.

Tony Federico: What did you then do? Because that seems like a pretty hopeless, pessimistic bit of news right there.

Mickey Trescott: Yeah. What I did was I consulted Dr. Google, because I was done with the eight, 10 doctors that I had seen that were writing me off. Especially

because when I went into their offices I appeared healthy, so especially for someone with Hashimoto's. A lot of thyroid patients tend to be a little overweight and I wasn't even close because I had celiac disease at the same time, so I was at the same time very malnourished but because I have both of those autoimmune diseases that kind of cancel each other out, I looked kind of like a healthy 20-something-year-old.

Tony Federico: Oh, wow.

Mickey Trescott: But I felt terrible, so there was a part of it that I think they thought a lot of it was made up or in my head. I just was like, "I'm done with that. I'm going to go online and I'm going to research the connection between diet and autoimmune disease." That's really where everything started for me, because I had been vegan for 10 years and I kept asking my doctors, "Could any of this be because a nutrient deficiency? Could any of this be because of how I'm eating?" They all said, "No, no, no, you eat the best diet. You ate this low fat diet, you eat tons of vegetables. It has nothing to do with it. It's just kind of what happens to some people."

Tony Federico: Right.

Mickey Trescott: For the first time in my life I thought, "Oh, you know, I actually don't think that that's true." I went online and that's kind of the beginning of the journey back up, was doing that research and finding out about paleo and the autoimmune protocol.

Tony Federico: What were some of the prime offenders in retrospect of your diet/lifestyle at that time? You mentioned you were kind of pushing your pace, you were kind of eating whatever you wanted. What were some of the things kind of within that vegan paradigm that were maybe not as healthy as they could've been?

Mickey Trescott: Yeah, so I was not a junk food vegan. I mean, I think a lot of people in the vegan/vegetarian community know these people that are eating Tofurky and stuff. I never touched Tofurky. I wouldn't eat that crap. I knew that was bad, and I had a background as a personal chef working in households where organic food and fresh cooked food was very important. A lot of Ayurvedic and traditional Chinese style medicine and cooking and that kind of stuff was influence.

I had a really good grasp of fresh and healthy food, but I was also really busy and I didn't care all the time. I ate a lot of grains, really. Vegans and vegetarians, you got to eat a lot of grains and a lot of beans. I wouldn't say an unusually high amount of soy because I wouldn't eat tofu, but I know that soy was in the foods that I was eating pretty frequently, a lot of corn, that kind of thing.

Tony Federico: So you ditched all that stuff, kind of went paleo. What were you eating and what kind of results did you experience?

Mickey Trescott: Well, it was a very slow transition because I had been vegan for so long there was a lot of emotional reasons for not eating meat, but when I started eating meat, actually the first time I ate it, I felt a lot better. I got a lot warmer and I verified that with actually taking my body temperature, because with hypothyroidism you have a very low body temperature. It went up. Actually when I was very sick my body temperature was about 95 degrees on a normal day, and none of my doctors could really explain why. Now I know it's because I needed medication which they wouldn't give me. But when I ate meat it went up to 97 degrees. It was a really external motivator.

Tony Federico: Sure.

Mickey Trescott: Actually, my body needs this and I actually feel warm. Over the period of, I'd say, three to six months I went from a grain-filled vegan diet to the autoimmune protocol, and it was very slow. I started with some eggs but then I realized eggs didn't work for me, so then I started relying more on meat and that coincided with psychologically being able to kind of get into meat a little more. It was a slow transition. It was not like "Tomorrow I'm going to eat paleo."

Tony Federico: Right. You had to ease into it.

Mickey Trescott: Yep.

Tony Federico: Obviously it worked out well for you because-

Mickey Trescott: Yeah, yeah, and I think it's really important to note, too, that it wasn't like I felt better in two weeks.

Tony Federico: Right.

Mickey Trescott: I had these micro-experiences, like the first time I ate that meat, and I actually didn't think I would feel better. I went upstairs and I laid down because I thought that I would get sick, because that's what all the vegetarians say: "Oh, if you eat meat, you can't digest it and you're going to get sick." I was expecting to be sick and I actually felt really good, and I was like, "Oh, this is weird." Those little experiences kind of all added up to motivate me to keep doing what I was doing.

Tony Federico: Awesome. To stay on the path, to commit to the journey. That's great, and thank you for sharing that, Mickey. All right, Angie, what was your situation? What kind of got you into a place of maybe dis-health, and then how did you get yourself back into balance?

Angie Alt: Well, my journey was kind of extra long. This is one of the kind of interesting contrasts that Mickey and I have in our partnership. She is kind of on one end of the autoimmune spectrum where she was able to

get a diagnosis relatively quickly and straightforwardly, and unfortunately for a lot of autoimmune folks it tends to be pretty long, and I'm an example of how long the long end can be.

I first started to get sick in my early 20's after my daughter was born, which is pretty common for a lot of women. That hormonal shift with pregnancy and birth can kind of trigger things. Then I finally got diagnosed with my primary autoimmune disease, which is celiac disease, 11 years later. It was a very kind of slow and winding path, a lot of misdiagnosis, a lot of dismissal from my doctors. For part of that period we lived overseas in West Africa.

My husband works in international development, so we were in West Africa for what ended up being my sickest period. That also contributed to having a hard time kind of finding the right possibilities. A lot of my doctors were kind of thrown off by the West Africa thing and I got misdiagnosed with malaria and we kind of followed this tropical disease route for a long time. But it turned out to be celiac disease along with two other autoimmune diseases.

Tony Federico: What kind of symptoms just over the course of that 11-year period just kind of jump out at you as the ones that kind of most defined that experience?

Angie Alt: When the celiac symptoms first started shortly after my daughter was born, it was kind of what many people would think of as classic celiac disease symptoms. I kind of had digestive pain, and I noticed that my bowel habits had changed a little bit. But then that kind of went away in honesty, and then it just kind of built over time and things started to happen like we talked about earlier. My energy started to kind of dissipate, dissipate 'til it got to a point that I couldn't do even the most basic workouts.

I started to have a lot of sleep trouble. Eventually I started having peripheral neuropathy, had numbness down the center of my face and at the top of my head, which was a really weird place to be experiencing it. I started to slur my words. Mickey kind of shared having that experience, as well. I started having trouble with some of my fine motor skills at the end. For instance if I dropped a pen on the floor, I would be unable after six or seven attempts to pick it back up.

It's basically malnourishment. Celiac disease is kind of a disease of malnourishment, and as I started to lose those important vitamins and minerals and was unable to absorb them, I was having more and more trouble. Especially at the very end some mental and emotional health trouble, which we don't often think of those kind of health issues as being so linked to our physical health and digestion in particular, vitamins and minerals, but it had a big impact.

Tony Federico: Were there any maybe specific incidents or specific stories that kind of come to mind related to that point?

Angie Alt: Yeah. I remember one incident in particular where I was really shaken up and I realized that I was in a really bad place mentally and emotionally, and a place that was really unlike me. My daughter and I had returned to the United States because I was seeking help for my health problems, and my husband was still posted overseas waiting to be able to return to the United States with his work. We had started her in a new school. I took her to a back-to-school night event, and there was a lot of other parents there and it was a chance to meet them.

She wanted to introduce me to her new little friends, and we were supposed to meet teachers and kind of tour the school, and I was basically having a panic attack the entire time. I could barely peel myself off the back wall of the gym and muster a smile and a handshake with other people. That's really unlike me. I had traveled around the world, I had lived in a lot of different places, I have friends from all kinds of different backgrounds, I'm usually relatively outgoing in a setting like that, and I just couldn't do it because I was under so much panic and anxiety and I knew right then, I thought: "Whatever is wrong with my health is affecting me in this other way, because this is not me."

Tony Federico: People say panic attack, people kind of use that vocabulary. How would you actually describe the experience? Because sometimes people think they're having a heart attack or they don't know what they're feeling. What was your kind of physical experience of a panic attack?

Angie Alt: It felt like I couldn't quite draw a full breath into my lungs. It felt like there's a block and my breath cannot get beyond that block and fill my lungs. My chest felt really tight. My abdomen was really, really tight. I was having a hard time thinking through the process of introducing myself to other people or responding to them speaking to me. I was having a really hard time not bursting into tears, partly because I felt so awful internally but also because I knew that whatever I was experiencing was not my normal setting. Yeah. That's kind of what it was like.

Tony Federico: Yeah, that sounds terrible, and certainly not something that someone could dismiss as "Well, okay, maybe it's just some social anxiety or just having a off night." It's really something indicative of a underlying physical issue.

Angie Alt: Right. Right, yeah. From that point on I started to experience that more and more until I got to the point that I really couldn't drive. I was relying on family members to drive. It got pretty bad.

Tony Federico: Mickey turned to Dr. Google to kind of navigate her way back to health. What did you do?

Angie Alt: I did the same thing, yep.

Tony Federico: Nice. Once again.

Angie Alt: Yeah, once again. I don't want to dismiss the importance of our doctors and the healthcare system when we need it, but I was just being referred to doctor after doctor and I'd kind of been through the wringer. I had seen doctors on two other continents, including the doctors back home in the U.S., and I just couldn't get help and I started really doing a lot of research. In the meantime I finally did get a correct diagnosis, and that helped me really direct my research efforts online and try to figure out what to do next.

Eventually I found some stuff about paleo, and I decided that I was going to give that a try to help myself. Within that same week of kind of making that switch, I found information, kind of the very first little strand of information about the autoimmune protocol that Sarah Ballantyne was writing about at the time. As soon as I read it I realized, "Oh, that's me. I'm one of those people that needs to do that," and I did it cold turkey. Overnight I made the switch, and within three days the anxiety and panic I had been feeling for the last year or two just melted away. It was amazing.

Tony Federico: Wow. Now, maybe you could give us a quick little kind of breakdown, just like an express version of AIP. We've covered it previously on the podcast but I think it's always good to reiterate things, especially when it's something as important as your health. Could you do that for us, and then kind of what your AIP looked like? Because there's obviously individual tweaks that everyone has to apply.

Angie Alt: Yeah, so the basic autoimmune protocol is an elimination and reintroduction diet. During the elimination phase we eliminate all of the typical foods that you take out when you're eating a paleo template, so no dairy, no legumes, and no grains, most especially the gluten grains. Then with the autoimmune protocol you take it a step further and eliminate some foods that are often causing sensitivities for folks, so that would be nuts and seeds, eggs, and the nightshade vegetables. The nightshade vegetables include hot and sweet peppers, eggplants, tomatoes, white potatoes, also some adaptogenic herbs like ashwagandha. Nuts and seeds include coffee and chocolate.

Tony Federico: Oh, no.

Angie Alt: So everybody's "Wah, wah, wah" out there about that, right? But those initial steps are really important. We also eliminate alcohol, which isn't consumed real often on the paleo diet but you're even more careful with it on the autoimmune protocol.

Tony Federico: That's kind of a tough pitch.

Angie Alt: Yes.

Tony Federico: No coffee and no booze.

Angie Alt: No coffee and no booze, and you can't even console yourself with a chocolate bar.

Tony Federico: Oh, no. What did your AIP look like? Because people could listen to that and say, "It sounds like literally there's nothing to eat."

Angie Alt: It was awesome, actually. I think I'm a little bit lucky. I did have a pretty strong background in being able to cook for myself, and I had just returned to the United States from living in West Africa where we did have a lot of access to some of this crazy stuff anyway, so I was really used to cooking from scratch and focusing on a lot of different fruits and vegetables. In the U.S. I could get even more high quality meats, so that really helped round out the protein better for me. I just kind of went for it. Like I said, Tony, the impact was so obvious for me, and it's not always that way. For some folks it takes a little time before they notice the benefits, but the impact was so obvious right away that I was really willing to keep going.

Tony Federico: That's awesome.

Angie Alt: I discovered a lot of amazing food that I knew existed before but I wasn't really probably enjoying as much as I could've, especially roasted vegetables. Come on, amazing.

Tony Federico: Yeah, it's interesting, when you eliminate something it can feel like you've lost everything. That thing maybe took up a disproportionate amount of mental space. Because there's a lot of other foods in the earth, I guess, to sort of paraphrase the fish in the sea phrase. It's amazing what can really open up in terms of culinary and taste experiences when you really kind of go down some of these other paths and some of these other foods that are maybe less explored. You said roasted vegetables. What are maybe a couple go-to recipes for you nowadays?

Angie Alt: I love roasted Brussels sprouts. I feel like Brussels sprouts are a really standout example of a food that a lot of folks think is not that great normally, but I think they're probably eating the boiled-to-death, miserable version. Roasted Brussels sprouts with maybe just a little drizzle of maple syrup and some chopped crispy bacon, that's amazing. I also really love roasted cauliflower. Prior to the autoimmune protocol I thought that you boiled cauliflower and then drowned it in cheese.

Tony Federico: That's the proper preparation.

Angie Alt: That's not that delicious. Yeah, that's the proper preparation. Not that delicious, but now I usually give it a little bit of dash with some lard and some salt and some turmeric and roast that at high heat, and it's amazing. It's so good.

Tony Federico: Awesome.

Angie Alt: Those are two of my faves.

Tony Federico: All right, well, thank you for sharing that and for sharing your story with our listeners. I think one of the things that you mentioned kind of having to, despite well-intentioned and we're not saying unqualified doctors, just maybe limited in terms of their toolkit ... You both ended up using yourself and having to lean on yourself and the power of the Internet to kind of discover some solutions and to find some workable answers to your health issues. Can you talk a little bit about that and why it's important to be your own health advocate? I think that's a term that is being used more frequently today. Could you talk on that subject and we'll just go and open this back up to everybody?

Mickey Trescott: Yeah. I have the most respect for conventional medicine. I actually come from a family of doctors, and I think it's incredibly life-saving, and the advancement that we have in medication and surgery and everything is incredible. But I think a lot of people tend to put a little bit too much trust in what doctors say and think that maybe it's the final word or that that doctor is actually the authority on their body. They're not. They don't actually know what it's like to be inside your body and experiencing what you're feeling.

That's something that we really advocate for, is just people understanding ... Even as you're listening to us talk to you about our experiences and our opinions on different health things and diet and exercise and whatever, just realizing that this is all information that you can drink in and then you can let whatever inspires you or resonates with you settle in and you can try it out and see if it works for you, but you always have a decision on whether to follow something or do something or not.

Whether to take a medication or not, whether a doctor, you think they're giving you bad information, maybe you want to find another doctor, or maybe you're better off not working with a doctor. I mean, there are some situations where that's okay. There are some situations where you really do need that opinion. But in the end it really is up to you, and the better informed you are and the more proactive you are and the more clearly you communicate and you understand that process of collaborating with someone else to further your health, I think the better the outcome is going to be.

Tony Federico: Yeah, that's great. That was one of the cool points you made in your book, was this idea of collaborating. Even if you're taking the lead, that doesn't mean you're going it alone. You mentioned respecting doctors and respecting what they do. I certainly have clients and friends that are in the medical industry, doctors and otherwise, and amazing depth of knowledge and amazing skill and amazing technology. Every day we're hearing stuff like, for example, they might have found a tapeworm drug that can combat Zika virus, and that's science, that's the medical community.

But then there's these issues of chronic health where I feel like they're maybe a little bit less equipped, and maybe a little bit too myopic in terms of treatment with pharmacological agents and surgeries versus food and exercise and other lifestyle factors. But as you mentioned, it's a matter of finding the right doctors and maybe trying to get the right doctor for you. I'm sure you don't want to go too hard in the other direction and maybe buy into perhaps maybe an Internet celebrity or somebody along those lines, because it's easy to discount doctors and then flip around and maybe follow some online health guru. Do you mind talking about that?

Mickey Trescott: Yeah, we don't really think that you need a guru to navigate this journey successfully. Angie and I, our approach is very anti-guru because I think both of us have kind of been sucked into listening to every single thing that one person, one very loud person on the Internet says and following everything they say, and it just gets really dogmatic and restrictive and unbalanced. But I think if you open it up and you realize the amount of people that there are out there researching, so it could be people like Sarah Ballantyne or Terry Wahls, who are both medical professionals.

They're researchers, actually. Sarah's not a doctor but she's a Ph.D. in biophysics or some medical research. Terry is actually a doctor, but they probably don't agree on everything, but their research and their thinking is just moving everything forward. It's just incredible. To really listen to whatever they're learning and letting that sink in and just kind of figure out what of those teachings works for you. Then there's people like Angie and I who are more in the health advocate space.

We're more trying to teach people how to find that empowerment and how to educate themselves, how to talk to their doctors. We have all of this great community and you really think of it as kind of this brain trust, that if you access all of that information from all these different places and then really go with what vibes with you, there's a really big opportunity to just be on that path that you're meant to be on and it's going to help you be successful.

Tony Federico: Awesome.

Angie Alt: I think the main thing is one, trusting your own intuition about what your  
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body needs and the approach that's going to work. Then the second thing is taking responsibility, which sounds a little scary but when you're the captain of your ship, I guarantee your ship will sail better.

Tony Federico: How do you keep yourself pumped up? Because if you're hearing from doctors ... Again, we're not dissing doctors, but I've had plenty of people say, "My doctor told me diet had nothing to do with my disease," and I think that that was likely the experience that both of you guys had. When you're hearing that kind of stuff, when it is somebody who's qualified, when it is somebody who's knowledgeable and experienced telling you "No, you're wrong," how do you keep yourself motivated and strong in your convictions?

Angie Alt: I think usually I check it against my own intuition. Usually I say, "Does this vibe with what I know to be true about myself at this point?" That's not to say that it comes real naturally to pay attention to that voice and have a lot of confidence in it, especially in the beginning. Especially when you're still really sick and run down, it's easy to kind of follow every little thread and every little voice and think it's maybe going to be the magical answer for you. But I think with time, as you learn to pay attention to your body, you figure out what's right for you. Your confidence in that area grows, and I usually kind of check it against myself and I say, "Does this seem right?" Sometimes I do need to have my mind changed, so it's also about being open to new possibilities that might be right for me.

Tony Federico: Now, in addition to checking in, do you have any sort of suggestions for how people can maybe sharpen their intuition? Because it is, I don't know, maybe easy to discount and I think you can make yourself more or less receptive to it, I guess is what I would say.

Angie Alt: Yeah, I think if people learn to really focus on themselves and not worry about what other people are doing, that's really helpful because I think people love to jump on a bandwagon, do what everyone else is doing. It's really easy that way. But part of following your intuition is kind of learning how to hone that skill even when other people may be doing something radically different, so kind of finding that confidence. Then also still continuing to check in to find out if whatever you're doing is producing a beneficial change or if it's just a tangent, and that happens. We all I think have the experience of trying something that people talk about and maybe it doesn't work out and we try something else.

Tony Federico: Yeah, it looks good on paper.

Angie Alt: [inaudible 00:33:49] supplement graveyard.

Mickey Trescott: The supplement graveyard, yes.

Tony Federico: Oh, okay. That sounds like a thing. What is this supplement graveyard?

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Angie Alt: Go ahead, Mickey.

Mickey Trescott: If you have one you know exactly what it is.

Tony Federico: Okay, I think I do know what you're talking about now, because I was like, "What does my pantry look like?"

Angie Alt: Yeah.

Mickey Trescott: All the supplements that you bought thinking that so-and-so says that this is supposed to be good for blood sugar balance, or this will help your tendons get stronger because you're starting to work out, or whatever. With autoimmune disease I think a lot of us have very specific problems that we're easily become vulnerable to marketing. With a thyroid condition there's like five billion thyroid supplements.

Tony Federico: Yep.

Mickey Trescott: "Oh, you need to supplement with this mineral and this amino acid." Medically speaking there are reasons to use all of those things, but supplements are just really easy to sell because people would way rather take a pill than cook something or whatever. Those of us with autoimmune disease that have kind of been doing this for a while, we've been suckered into trying all of the things and then not really finishing a bottle, which kind of leaves the graveyard.

Tony Federico: Nice. Let's see. Let's name a couple things in our supplement graveyards. I've definitely got a little leftover bit of that Great Lakes gelatin in there. I think that that can be one of those things where it's like "I'm too lazy to make a bone broth so I'm going to throw that in stuff." I definitely think that I've got some fish oil. That's been sitting there for quite a while and it's probably rancid. Any specific supplements jump to mind when you think of your own personal graveyard?

Mickey Trescott: Oh, gosh. I have a lot of adrenal support lurking in there. There was a point where I was trying ... Well, there was a point actually where I was working during my recovery and I was very low on energy and I was looking for anything except for the things that I knew would give me a pickup, like caffeine and sugar. I was trying all the adrenal support, so I've got a lot of that stuff. Then I also have a lot of antimicrobials because I've been through various iterations of different gut protocols for killing some sort of whatever pathogen came up on my stool test, and then not needing to finish. There's a lot of that kind of stuff in there.

Tony Federico: Nice.

Angie Alt: Yeah, I've got a lot of the antimicrobials, too. I've battled the mighty SIBO three times and finally won, but from those early days of trying to

figure out what was right I've got a lot of the antimicrobials hanging around.

Tony Federico: What are a couple antimicrobials that people might see just going to the health food store, some of the stuff that you're referring to?

Angie Alt: I have a couple different bottles of different formulations of oil of oregano.

Tony Federico: I was thinking oregano oil, yeah.

Angie Alt: Yeah.

Mickey Trescott: Peppermint oil.

Angie Alt: Peppermint oil. Anything with cat's claw, black walnut-

Mickey Trescott: Licorice.

Angie Alt: Yeah, yeah.

Tony Federico: Well, worse case scenario, you could maybe cook with it. I don't know ... Do some licorice recipes.

Mickey Trescott: The reason why I have a lot of them still is they're actually very strong, so when you take them, at least when you have an infection, they make you feel pretty sick. They're not the type of thing that you can just kind of keep taking forever.

Angie Alt: Right. Right.

Mickey Trescott: Just because you're forgetting about it, it's like, "Oh, I'm done with this and I'm glad."

Tony Federico: Yeah, when you're done, you're done.

Angie Alt: The reason that I brought up the supplement graveyard is because that's one area where you could maybe start to learn to test your intuition. If you find over time that a supplement really does seem to be making an impact for you, then it might be right for you. But if another is not working for you, that's okay. Everybody's bio-individual and maybe that's a chance to test your intuition on something else.

Tony Federico: That's awesome. Well, we've covered a lot of great ground here. I definitely want to take some time to talk about your new book, though: The Autoimmune Wellness Handbook. I was looking through and there's some great stuff in there. Looking at the list of autoimmune conditions, it's just like wow, there's a lot of them. Then you made some good points, some stuff that we talked about today. The need to collaborate,

for example, nourishing your body. Can you talk about the book and you can talk about what you're hoping people will get out of it?

Mickey Trescott: Yeah. Really, this guide is meant to be a guidebook. It's not meant to be too big or too complicated or confusing. We really wanted to lay out in a really simplified way for people that are maybe new to the journey, so: What can I do for myself to get better? We use these seven verbs: inform, collaborate, nourish, rest, breathe, move, and connect. In each of these chapters we talk about the importance of those actions in reclaiming your health with autoimmune disease, and really go through how people can achieve that.

Inform is all about learning about autoimmune disease, how to get diagnosed, why it's important, and also determining kind of where on the spectrum of illness you lie so that you can figure out where to move next. It's a very action-based book so there's a lot of self-assessments, a lot of tools, and it's very flexible and adaptable. Like we talked about before, we realize everyone is really individual and unique and one-size-all plans kind of don't work for everyone.

We give people a lot of different options. Maybe sleep is the problem in someone's life and they take the sleep assessment and they realize, "Dang, that's my worst assessment of any chapter." Then we give them ideas about how to tackle those modifications so that they can start sleeping better, which will then kind of overflow into all of these other categories and help them get better.

Tony Federico: Awesome. Any aspects of the book that you're particularly jazzed about, Angie?

Angie Alt: I think overall the message is really where I felt most inspired while we were writing it, just this idea that you are empowered to do something. I think for Mickey and I, our turning points came when we figured out what steps we could start doing on our own to help ourselves heal, and being able to lay that out in a way that is a lot more organized than the process that she and I went through, which was a lot of trial and error.

Tony Federico: And supplements, of course.

Angie Alt: Yeah, yeah. Laying that out for folks in a way that they can really take some proactive steps is rewarding to write about, and I hope that folks will find that valuable.

Tony Federico: Well, that's great. Well, I certainly think they will, and you did a great job with the book. For both of you, what do you recommend people do when they want to check out your stuff? Obviously the book's available on Amazon and everything. But what about blogs and social profiles and all that?

Mickey Trescott: Yeah, so we blog together and we also have a bunch of contributors over at [autoimmune-paleo.com](http://autoimmune-paleo.com), so if that's something that you're looking for recipes and maybe a get started guide, we have a AIP quick start guide for the autoimmune protocol diet. That's a great place to go. We have our brand Instagram that's at Autoimmune Paleo. Angie and I both have our personal Instagrams, @mickeytrescott and @angie.alt. We're also on Facebook, Twitter, and Pinterest at Autoimmune Paleo. But we actually just started a podcast called the Autoimmune Wellness Podcast.

Tony Federico: Awesome.

Mickey Trescott: It's meant to go a little deeper than the book, so we focus on every chapter, we tell our personal stories, and then we also bring in an expert to talk about the topic, and that's something that we're both really excited about.

Tony Federico: That's great. Well, we'll definitely point our listeners in your direction and encourage them to join you in that conversation over there. Well, Mickey, Angie, thank you so much for talking to us today. This was a great conversation and I'm excited to dive more into your book. That was Mickey Trescott and Angie Alt. You can find out more about their books, blog, podcast, and more by going to [autoimmune-paleo.com](http://autoimmune-paleo.com). On next week's show, Mickey and Angie will be returning along with Melissa Joulwan for an epic three-guest interview where I'll be asking the questions that everyone really wants to know, like "What is the last thing you ate?" Here's a preview.

Angie Alt: For lunch today I had pastured ground pork that I made into my own patties. I usually put green onion and powdered ginger in them. I had that with some sauteed Brussels sprouts and cauliflower.

Tony Federico: Oh, man. All this is sounding so good. I think the last thing I ate was some Talenti gelato, so you're certainly doing a little bit better than I am. To find out more about the foods these three esteemed paleo cookbook authors eat, you'll have to tune in to next week's show. To make sure you don't miss it, be sure to subscribe to Paleo Magazine Radio on iTunes or favorite us on Stitcher. Before we go I'd like to thank the sponsor of today's show, Ancient Nutrition. Thanks to their Bone Broth Protein you can #collagenallthethings. I'd also like to mention that the December-January issue of Paleo Magazine is available now.

It's chock full of interesting information including a business spotlight feature that I wrote about a company called I'd Rather Be with My Dog. IRBWMD is a company that started with a broken heart, became a song for man's best friend, and eventually launched a brand of paleo treats for pooches. To get the whole story of I'd Rather Be with My Dog, pick up a copy of Paleo Magazine at your local Barnes & Noble or specialty grocer. Paleo Magazine Radio is brought to you by the Paleo Media

Group. Our show music features the song "Light It Up" by Morgan Heritage and Jo Mersa Marley. Paleo Magazine Radio is produced by me, and on behalf of everyone at Paleo Magazine, thank you for listening.