



**BANISTER  
NUTRITION LLC**  
CHANGING HABITS  
CHANGING HEALTH  
CHANGING LIVES

## July/August, 2023: Nutrition Notes

### Time In Range – An Evolving Perspective on Blood Glucose Management

Time in Range (TIR) and Hemoglobin A1c (HbA1c) are both important measures of blood glucose (BG) control. While HbA1c provides a broader perspective on long-term control, TIR offers a more nuanced and real-time evaluation of BG fluctuations. TIR can identify periods of hyperglycemia and hypoglycemia that may not be captured by HbA1c alone. Both HbA1c and TIR have their merits and serve different purposes in assessing BG control. The choice of which measure is better depends on the specific context, the goals of treatment, and the individual's needs. It is often recommended to consider both measures together to obtain a comprehensive assessment of BG management.

### MIND Diet – "Mediterranean-DASH Intervention for Neurodegenerative Delay"

The MIND diet is a dietary approach designed to promote brain health and reduce the risk of developing Alzheimer's disease. It is a combination of two well-known eating plans: the Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet. It encourages the consumption of several groups of foods that have been associated with a reduced risk of cognitive decline such as berries, leafy greens, nuts, beans, whole grains, fish, and olive oil. On the other hand, the MIND diet suggests limiting the intake of certain foods including red meat, butter and margarine, cheese, fried or fast food, and sugar-sweetened foods/beverages. The MIND diet is not a strict regimen, but rather a flexible guideline that focuses on incorporating brain-healthy foods into your daily meals while reducing less beneficial options.

### Managing POTS Syndrome with Nutrition

Currently, there is no specific diet or nutrition plan that can cure Postural Orthostatic Tachycardia (POTS); however, there are certain dietary strategies that may help manage symptoms and improve overall well-being. Some recommendations for managing POTS with nutrition include staying hydrated, increasing salt intake, eating smaller, more frequent meals, and avoiding triggers such as caffeine, alcohol, and processed foods. It's important to note that everyone's experience with POTS is unique, and individual responses to dietary changes may vary.

**Case Study:** MB, 39 y/o female, was referred to Banister Nutrition for management of symptoms associated with metal toxicity related to a medical device error. Presented w/concerns for taste alterations, decreased appetite, poor nutritional intake, and chronic fatigue. Treatment protocol included adjustments to plastic eating utensils, utilization of lemons/limes to reduce metallic taste, and alterations to food storage and heating. Additionally, foods known to be high in nickel, titanium, and cadmium chloride (minerals suspected to contribute to side effects) were limited. Patient outcomes include increased food variety, enjoyment, and confidence in food choices, all leading to positive changes in nutrition, mood, energy, and overall quality of life.