



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

March/April, 2024: NUTRITION NOTES

Asthma Drug Protects Against Severe Food Reactions:

A new drug, Omalizumab, has been shown to be protective in people who have a severe reaction to certain foods. The drug was tested in those who have a known peanut allergy but appears to be similarly effective against other food allergies including cashews, milk and eggs.

GLP-1 Receptor Agonists Shown to Reduce Hypertension:

Management of blood pressure is particularly important for individuals with diabetes who are at higher risk for cardiovascular disease. GLP-1 receptor agonists have been shown to moderately lower blood pressure. It is unclear at this time if this is a byproduct of weight loss or due to a direct effect.

Polycystic Ovary Syndrome and Lifestyle Management:

PCOS is one of the most common causes of female infertility, affecting 6% to 12% of US women of reproductive age. The cause of PCOS is not known, but there are several factors including insulin resistance, excess weight and family history that are thought to contribute. While the exact cause is not known, dietary and lifestyle changes are shown to improve the symptoms of PCOS.

The 'Sleepy Girl Mocktail':

Everyone is on the hunt for a way to get better sleep. This trending drink promises to support sleep, but does it hold up to claims? The mocktail is a blend of tart cherry juice, a prebiotic soda (such as Olipop) and magnesium powder. The research on some of these ingredients does, in fact, hold up! Tart cherry juice has a high concentration of melatonin, and magnesium (specifically magnesium glycinate) has been shown to help promote relaxation. The research on the prebiotic soda, however, is not convincing. Current recommendations suggest adding one supplement at a time to assess your reaction.

Case Study:

AF is a 46 y/o female referred to Banister Nutrition for weight management and hypertension. Patient addressed behavior and lifestyle changes under direction of dietitian which led to 20lb weight loss over 18 months. Patient started on Mounjaro and continued for 3 months. Patient experienced additional 20lb weight loss during this 3-month period. She continued to focus on honing intuitive eating skills, consistent meal times and increased protein intake. Patient paused medication and has sustained her 40lb weight loss. Patient was very apprehensive to stop Mounjaro due to fear of weight gain. Patient stated she believes her success to maintaining her weight loss is because of the foundational work she did focusing on intuitive eating, behaviors and lifestyle prior to starting medication.