



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

May/June 2024: NUTRITION NOTES

Once-Weekly Insulin is on the Horizon: Eli Lilly has announced positive results from Efsitora, and Novo Nordisk indicates their insulin, Icodec, has also demonstrated favorable results. Both these once-weekly insulins have shown favorable impact on lowering A1c levels. Trials have shown no significant differences in estimated rates of significant hypoglycemia. These new insulin regimens will greatly enhance compliance with insulin administration.

Colostrum for Adults - 2024 Supplement Fad: Colostrum is a nutrient-rich milk product produced by mammals soon after giving birth. It is composed of antibodies, protein, vitamins and minerals in a low sugar, low fat package. Colostrum supplements are being promoted to reduce inflammation, boost immunity, and aid in muscle recovery. This fad is being researched, but few studies have provided any strong evidence supporting the use of these supplements.

Gut-Directed Hypnosis - an Alternative Treatment Avenue for IBS: Dietary modifications for IBS such as the low FODMAP diet are often difficult to maintain long term. There is a well-established connection between mental health and IBS symptoms. Gut-directed hypnotherapy is a viable, research backed treatment for IBS but has previously been difficult to access. Nerva is an app that provides gut-directed hypnotherapy. Nerva has published data showing that consistent use of their daily meditations can help improve symptoms of abdominal pain, bloating, abnormal stool consistency, and gas.

Taurine Supplementation for Metabolic Syndrome: Metabolic Syndrome is the presence of three or more interconnected risk factors that puts patients at higher risk for heart disease and type 2 diabetes. Lifestyle modifications including diet changes and increased physical activity are the first-line treatment options. In a recent meta-analysis, supplementation with the amino acid taurine was shown to be helpful in improving multiple markers of metabolic syndrome, including blood pressure, blood glucose, triglycerides, and LDL cholesterol. More research is required to determine optimal dosing.

Case Study: BP, 25 y/o female, was referred to Banister Nutrition for PCOS, insulin resistance, hyperlipidemia, and obesity. Presented with concerns for steady weight gain over past 4-5 years, sedentary lifestyle, and high dietary intake of restaurant food/fast food. Treatment protocol involved education on diet modifications including increased dietary intake of non-starchy vegetables and protein with decreased intake of simple carbohydrates and added sugars. Supplements were used including Inositol and Omega 3 Fish Oil. Motivational interviewing techniques were utilized to progress past barriers to exercise, resulting in increased aerobic activity from <5 minutes daily to >15 minutes daily. Patient outcomes included self-reported improvement in energy levels as well as 20lbs weight loss, fasting insulin decrease from 170.1 to 28.3, triglyceride decrease from 160 to 134, HDL-C increase from 71 to 82, and stable HbA1c level.