



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

## NUTRITION NOTES

September – October, 2023  
*Happy 42<sup>nd</sup> Birthday Banister Nutrition*

**PCOS And Gut Health:** Research suggests a bidirectional relationship between excess androgens and gut dysbiosis. Focusing on gut health in individuals with PCOS can help to lower testosterone, cholesterol, inflammation and insulin.

**Fitness For Fatty Liver:** Losing 7-10% of body weight through diet and exercise modifications are considered first-line treatment. What type of exercise is best? Research shows regular aerobic and resistance exercise of at least 150 minutes per week significantly improves liver enzymes and intrahepatic triglyceride accumulations associated with fatty liver.

**Reductarian Eating:** This approach focuses on eating fewer animal products like red meat, poultry, seafood, dairy and eggs, but not necessarily zero. It is considered a flexible and mindful dietary approach.

**Benefit Of Family Meals:** More than just nutrition, there are great benefits of breaking bread together - better communication, problem-solving skills, relationships, positive social outcomes, better emotional and mental health, greater self-esteem, less depression/anxiety, reduced risk for obesity, reduced risk for eating disorders, and improved work productivity and longevity.

**Dietary Inorganic Nitrate:** This is found in leafy greens and some root vegetables. Research indicates that it has many benefits such as improving nephropathy, renal renal function and cardiovascular outcomes.

**Case Study:** TR is a 45y/o female referred to BN in 2019 for wt management. Started on Ozempic this year. Treatment protocol included the following: Importance of regular meal pattern with adequate protein to protect lean muscle mass from breakdown; intuitive eating skills to meet nutrition needs due to significant decrease in appetite; education about method of action of Ozempic; constipation management; and slow/steady weight loss goals to protect lean muscle mass and be gentler on body. Patient outcomes: Improved appetite control; elimination of binge eating behaviors; satiation with smaller meals; improvement in body image; and enhancements in health/weight, liver enzymes, insulin levels and glucose.