



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

Nutrition Notes July 2018

- **Diet and Psoriatic Disease:** New recommendations from the Medical Board of the National Psoriasis Foundation include dietary interventions in conjunction with standard medical therapies. A hypocaloric diet leads to significant improvements in psoriasis severity as well as improvements with those suffering with psoriatic arthritis. Psoriasis is linked to a twofold increase frequency of celiac disease. In those patients who tested positive for gluten sensitivity, gluten free diet has led to improvements in severity and skin biopsy findings. The board recommends a trial of oral vit. D (0.5-2.0 ug calcitriol daily) for those patients with psoriatic arthritis. Patients with psoriasis are motivated to carry out dietary changes because these interventions are perceived to be natural, safe, and patient initiated.
- **"Sort-of" Plant-Based Diet is Helpful and Easy:** Suggesting to your patients they adopt a vegetarian lifestyle to improve their health is frequently met with resistance. Researchers have found that "kind-of" following a plant-based diet resulted in decreased weight, fat mass and waist circumference. Replacing approximately 2 ounces of red meat with 2 cups of vegetables daily will prove to be beneficial.
- **Metabolic Syndrome is Alive and Not so Well:** How often is waist circumference measured in the clinic setting? The tape measure is a useful diagnostic tool for too much omental fat which can lead to insulin resistance causing metabolic syndrome. If this belly fat lingers, there is increased risk for heart disease, diabetes, fatty liver, several cancers and PCOS. Initial management of metabolic syndrome is "lifestyle" management including shifting priorities, self-talk, entertainment, where to eat, planning menus/how to cook, and finding more exercise opportunities.
- **Case Study:** JF, 35 y/o male and prior professional athlete, weighed 300lb when referred for weight loss counseling. Raised with limited access to fruits or vegetables, he developed very poor eating habits and exercise has recently decreased. After working with one of our dietitians for 3 months he has lost 44lb. He is pleased to be working on total lifestyle remodeling (which includes his thinking, self-talk, feelings) opposed to being given a meal plan to follow. JF has also experienced increased energy, ability to be more active with his family, improved sleep and decreased medications. JF stated "Banister Nutrition has literally changed my life." We love these comments from patients but we at BN know our patients are doing the work to change their lives for the better and we love walking alongside them to provide support. ☺

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