



# CONVERGENCE

News, Links, and Insights  
by JEFFREY BLAND, PHD



## April 2018 - Mid-Month Bonus

Thank you for subscribing to Dr. Jeffrey Bland's newsletter. Enjoy and share this information, which is for educational purposes only. Always consult with a qualified healthcare professional when you are in need of medical advice, diagnosis, or treatment.

**In this issue:** The Vantage Point, New Videos, Functional Medicine Update, PLMI Spring Conference

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## The Vantage Point: What's Been Happening in Dr. Bland's World?



### [The 2018 Consumer Health Summit](#)

Sharing ideas and sunshine in Arizona! Dr. Jeff Bland is pictured here with behavior scientist BJ Fogg, who is Founder and director of the Stanford Behavior Design Lab, and Tom Blue, Director of Industry Strategy and Partnerships for the Institute for Functional Medicine.

The Consumer Health Summit, hosted each year by Michael Fishman, brings together a group of innovators, thought leaders, and entrepreneurs to network and brainstorm about health-connected businesses and initiatives. Dr. Bland has attended for several years and--once again--found his experience at CHS to be inspiring. New projects may be coming!

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### [Happy Birthday, Dr. Bland!](#)

Dr. Bland celebrated his birthday on March 21st with family, friends, and a very small (or--as some might point out--appropriately portioned) piece of cake. For more than a week birthday wishes flowed in from across the world via social media. Dr. Bland thanks everyone for their kind words and special thoughts. He's planning for a great year ahead!



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## New Videos!

Video is one of Dr. Bland's favorite communication tools. It's hard to pick just one or two from his archive to feature, so here's a round-up of some favorites. Be sure to subscribe to Dr. Bland's [YouTube channel](#) to never miss an update, and you will also find additional videos on the Personalized Lifestyle Medicine Institute's [Vimeo page](#).



### **A Biochemist's Perspective: Actions by the Environmental Protection Agency are Cause for Concern**

Chlorpyrifos is an agricultural chemical that has been under review for more than two decades due to its potential to cause adverse effects on human health. As of 2016, chlorpyrifos was in the process of being eliminated from use in crops grown for the US food supply. In recent days, EPA action on chlorpyrifos has been suspended despite extensive scientific study and review that indicates this chemical can be dangerous, particularly to the neurocognitive development of young children.



### **Create the Change: Dr. Jeff Bland Talks with Niki Fox**

Niki Fox, who is a consultant to Metagenics and a longtime colleague to Dr. Jeff Bland recently visited his Bainbridge Island office. Meetings have a way of turning into spontaneous video blogs in Dr. Bland's world, and that's exactly what happened this month. Listen in as he and Niki Fox discuss the future of health care and offer insights into transformations we may witness over the next 20 years.

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## From the Functional Medicine Update Audio Archive

**How We Got Enlightened**



Once upon a time, we thought vitamin D was pretty much all about rickets, but over the last 10-15 years we have come to understand that it is actually a hormone and that it also affects muscles, gene regulation, the course of pregnancy, cardiometabolic function, immune balance, aging, cancer risk, mood, cell cycles, and cognitive health. How did so much change so fast? [In this classic FMU interview](#) with Dr. Jeffrey Bland, we meet endocrinologist Michael Holick, MD, PhD, a world authority on this not-so-ordinary-after-all vitamin who, since 1970, has been a major trendsetter in vitamin D research and clinical use. Dr. Holick explains that there are vitamin D receptors in every cell and tissue in the body and why numerous kinds of cells—not just within the kidneys, as we used to think—can activate vitamin D. We also learn why 30 nanograms per milliliter and a minimum of 1000 IU are somewhat magic numbers for this hormonal nutrient as well as how to safely optimize our sunlight exposure. This author of [The Vitamin D Solution](#) has undoubtedly made a difference in global health and continues to spread the message about this nutrient's safety and functional versatility.

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## PLMI Spring Conference in Florida

**There's still time to register! Dr. Jeff Bland is hosting this event and will be speaking alongside a distinguished group of presenters.**



Click [HERE](#) for more information or to register. Contact Annette Giarde with questions or if you need assistance: [annettegiarde@plminstitute.org](mailto:annettegiarde@plminstitute.org)

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Dr. Jeff Bland is now on Instagram!

Follow him:  
[@drjeffreybland](https://www.instagram.com/drjeffreybland)



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**Newsletter Team**

Jeffrey Bland, PhD - Publisher

Cheryl Kos, ND - Content Developer and Writer

Trish Eury - Content Editor

Annette Giarde - Subscription Manager