



CONVERGENCE

News, Links, and Insights
by JEFFREY BLAND, PHD



June 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 Video, Classic FMU, 2018 Thought Leaders Consortium

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



Dr. Terry Wahls, who was presented with the 2018 IFM Linus Pauling Award, and Dr. Jeff Bland.



Dr. Jeff Bland and past Linus Pauling Award recipients.

[The IFM Annual International Conference - Every Year Gets Better and Better!](#)

The location may change from year to year, but many people now consider a trip to IFM's Annual International Conference a ritual that is not to be missed. The 2018 event was reported to have set a new attendance record, with more than 1500 people gathering together at the Diplomat Beach Resort in Hollywood, Florida.

On May 31st, Dr. Jeff Bland took the stage for a lunch presentation titled "Is It Really Autoimmunity?" The crowd reached capacity



Dr. Jeff Bland and Laurie Hofmann, MPH, outgoing CEO of The Institute for Functional Medicine.



Longtime friends and colleagues:
Barb Schlitz, RN and Dr. Jeff Bland.

almost immediately and the presentation was broadcast via livestream into a second ballroom to accommodate as many participants as possible. Dr. Bland paused before his talk to honor the contributions of Laurie Hofmann, MPH, who is stepping down as CEO of IFM but continuing to serve the organization as Chairman of the Board of Directors. Amy Mack will be taking over the helm of IFM as CEO.

The AIC experience is four days of nonstop energy: exceptional speakers and presentations, a buzzing exhibit area, countless meet-ups with friends and colleagues, and heading home with full minds AND expanded networks. See you there next year?

New Video!

Video is one of Dr. Bland's favorite communication tools. 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](#).



Stanford Nutrition Study Brings Useful Information to Light

Christopher Gardner, PhD, is Director of Nutrition Studies at the Stanford Preventive Research Center. He is highly respected for his studies and publications. Earlier this year Dr. Gardner and his team published the results of an important clinical trial in the Journal of the American Medical Association. [In this video blog](#), Dr. Jeff Bland explains his perspective on what this study reveals about diet quality, macronutrient composition, and the translation of data into actionable dietary advice for individuals.

From the Functional Medicine Update Audio Archive



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.

Classic FMU Top Ten Clinical Pearls

Michael Holick, MD, PhD, Boston University School of Medicine

1. Highest vitamin D intakes correlate with 7% greater longevity, vitamin D immune benefits start >30 ng/ml, almost everyone should have serum 25-hydroxy D levels >30 ng/ml, toxicity not often seen <150 ng/ml.
2. Daily 5-15 minutes' sunlight recommended, 1000 IU/day vitamin D can help keep levels ~30 ng/ml, seasonal D deficiency may relate to immune conditions (in one study, 2000 IU/day cut winter upper respiratory infections 90%).
3. Vitamin D controls up to 200 genes, every cell has vitamin D receptors, and vitamin D causes cells to mature and differentiate, an important anti-cancer influence.
4. Functionally-related gene families (not single genes) influence health outcomes and their collective mosaic of influence translates into wide variations in mutation-driven manifestations of disease.
5. Non-alcoholic fatty liver disease now affects tens of millions of Americans, increasing cardiometabolic and liver disease; it calls for a DASH-like (Dietary Approaches for Stopping Hypertension) eating pattern.
6. Lipotoxicity is lipid infiltration of heart, muscle, liver, vasculature, and pancreas by excess insulin signaling from dietary imbalances (too little fiber and omega-3s, too much refined/glycemic carbohydrates and fat).
7. Sex steroid and insulin signaling alters hepatic lipoprotein balance; triglyceride/HDL ratio >3 is a key indicator of insulin resistance and disease risk; low apoA1/apoB ratio is an important related marker.
8. Optimizing gene expression by environmental signals (diet, lifestyle, thinking patterns, physical environment, experiences, and exposures) that shape phenotype is at the heart of Functional Medicine.
9. Fragments from different proteins (egg, dairy, plant, animal, etc.) can carry distinct signaling information to the GI immune system and genomic receptors or enter circulation to trigger other responses.
10. Vitamin D deficiency relates to type 1 diabetes and multiple sclerosis, renal failure raises vitamin D need, pregnancy increases susceptibility to deficiency (which elevates pre-eclampsia risk), fat sequesters vitamin D so obesity predisposes to insufficiency and type 2 diabetes.

Interview Link:

<http://jeffreybland.com/knowledgebase/november-2007-issue-michael-holick-md-phd-boston-university/>

The SCIENCE of PRECISION:

What's Next for Personalized
Lifestyle Health Care



PROGRAM HOST
& MODERATOR

Jeffrey Bland, PhD

President, Personalized Lifestyle
Medicine Institute



Seating is limited. Early-bird registration pricing ends 6/30/18.
Visit www.plminstitute.org for complete details.

Dr. Jeff Bland is Founder and President of the Personalized Lifestyle Medicine Institute. This October he will be hosting the Sixth Annual Thought Leaders Consortium in Tucson, Arizona. Early-bird registration pricing ends June 30th and seats are going fast. If you would like to join Dr. Bland and the exceptional group of speakers he has invited, visit the [PLMI website](#) to learn more.

Speakers include:

- Sebastian Brandhorst, PhD
- Dale Bredesen, MD
- Joel Dudley, PhD
- Michael Fenech, PhD
- Kara Fitzgerald, ND
- Patrick Hanaway, MD
- Mark Hyman, MD
- Siddhartha Jaiswal, MD, PhD
- Jeanette McCarthy, MPH, PhD
- David Perlmutter, MD
- Charles Serhan, PhD, DSc
- Larry Smarr, PhD
- Moshe Szyf, PhD

Dr. Jeff Bland is now on Instagram!

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