



March 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, Recommended Reading, Resources

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



Liz Plizga (VP, Diversified Communications), Dr. Jeff Bland, Dr. Joseph Pizzomo, Dr. Woodson Merrell



Dr. Jeff Bland onstage at #IHSNY18



James Maskell, Dr. Mark Hyman, Dr. David Perlmutter, Dr. Jeff Bland

[The 2018 Integrative Health Care Symposium - New York City](#)

For more than a decade, the Integrative Healthcare Symposium has been an event that Dr. Jeff Bland has been happy to add to his annual speaking calendar. Hundreds of attendees gather in New York City each year for this event, and the energy generated from the presentations, panels, and networking never fails to get each year off to a great start for Dr. Bland. This year Dr. Bland was honored to be invited onstage to speak before the presentation of a Leadership award to his long-time friend and colleague, Joseph Pizzorno, ND. Dr. Bland was among the closing keynote speakers on February 24th, and he enjoyed several meet-ups throughout the weekend with colleagues such as Mark Hyman, MD, David Perlmutter, MD, and James Maskell, founder of the Functional Forum and kNew Health.



Filmmaker Jason Prall and his colleagues are traveling the world to gather interviews and stories about human longevity that will be edited into an important film series. Jason and team arrived at Dr. Bland's Bainbridge Island office in January to spend a day interviewing him for this project.

Find more information about the Human Longevity Project film on this [website](#). Watch a Facebook Live video of Jason Prall and Dr. Bland [here](#).



Dr. Bland and Drake Sadler, co-founder of Traditional Medicinals.



With many friends, including Dr. Trevor Cates, JJ Virgin, and Naomi Whittel.



With Doug Greene, founder of New Hope Natural Media.

[Natural Products Expo West 2018](#)

Just a few decades ago, the natural products consumer marketplace was in its infancy and trying to gain a foothold in a complicated retail and manufacturing environment. Small companies and vocal advocates—Dr. Jeff Bland among them—diligently began building the foundation for what has now become a global and thriving industry. Dr. Bland spent this past week at Natural Products Expo West 2018, a massive annual trade show that attracts approximately 80,000 people to the Anaheim Convention Center in Southern California. He found himself greeting longtime friends and colleagues who carry on their important work in the field, while also meeting—and mentoring—a whole new generation of innovative leaders.

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](#).



Geleijnse JM, Vermeer C, Grobbee DE, et al. Dietary intake of menaquinone is associated with a reduced risk of coronary heart disease: the Rotterdam Study. *J Nutr.* 2004 Nov;134(11):3100-5.

Vitamin K: Exploring New and Important Research

When a family member broke a bone, Dr. Bland began researching this topic in greater detail, and then—as chance would have it—he shared the stage with leading vitamin K researcher Leon Schurgers, PhD (Maastricht University) at a recent conference. In this new video, Dr. Bland shares his insights, which have been influenced not only by what he learned from Dr. Schurgers, but also by the groundbreaking work of Bruce Ames, PhD, who is known for his publications on a phenomenon called Triage Theory.



Analyzing Flaws in Studies of Dietary Supplements: A Recent Report on EPA/DHA

When a study design is flawed, why would the data collected not only be deemed reliable, but also be used to make sweeping conclusions that could negatively impact millions of people? Dr. Bland shares his thoughts and insights in this new video blog. Dr. Bland also recommends reviewing in-depth video commentary by Dr. Alex Vasquez, which can be found here:

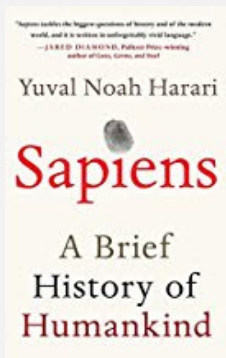
<https://vimeo.com/255648523>.



Research to Watch – Body-on-a-Chip Technology

Sometimes science is very—very!—cool, and that's why you'll hear so much excitement and enthusiasm in this new commentary from Dr. Jeffrey Bland. Recently, the Journal of the American Medical Association published a review of new research that is taking place at the Wake Forest Institute for Regenerative Medicine. Watch now to learn more.

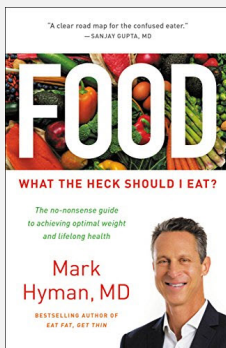
Recommended Reading: What's on Dr. Bland's Bookshelf?



Sapiens *A Brief History of Humankind* Yuval Noah Harari

One of Dr. Bland's most recent favorites!

Find it [here](#).



Food: What the Heck Should I Eat? Mark Hyman, MD

Already approaching best-seller status! Dr. Jeff Bland recently visited Dr. Hyman on the set of his upcoming PBS special.

Find it [here](#).

Knock-Out Health-Related Graphics

From Seattle's Institute for Health Metrics and Evaluation (associated with the University of Washington), this website provides a profusion of detailed [graphical depictions related to health](#)—many with multiple viewing possibilities for different data aspects. One example shows US personal [health care expenditures broken out by disease type](#); it's interesting to compare findings for males and females, and commentary is provided on how US health care costs [increased by \\$1 trillion dollars](#) between 1996 and 2013. Another tool allows wide-ranging [searches regarding the Global Burden of Disease](#); one very small search discovers that while Earth's average human life expectancy is about 72 years, females in the Iwate area of Japan famous for iron bells can hope to live about 87 years. And if you're not sure what "Global Burden of Disease" encompasses, just check out the [related infographic page](#). It wouldn't be difficult to spend hours in this extremely informative and eye-catching site.

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