



CONVERGENCE

News, Links, and Insights
by JEFFREY BLAND, PHD



May 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, Human Longevity Project Film

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



[PLMI Spring Conference in Florida](#)

The Personalized Lifestyle Medicine Institute hosted a conference in early May called *The Exposome Factor: New Approaches to Assessing and Treating Stress-Related Disorders*. Thank you to Ortho Molecular Products and the Lifestyle Matrix Resource Center for partnering with PLMI on this event, which was a tremendous success in every respect: top speakers, engaged attendees, cutting-edge content, and a perfect venue.



Great news--it's all on video! PLMI will be adding these talks to the online Education Portal later this summer. Until then, feel free to browse the current video collection and be sure to follow [PLMI](#) for updates about future events and resources. (Have you registered for the [2018 Thought Leaders Consortium](#) in October yet? There's still time to reserve your seat and join us in Tucson!)

[Class Reunion! A Former Student Pays A Visit](#)

A special teacher can have a profound influence on a student's life. In the early 1970s, Dr. Bland was a young



biochemistry professor at the University of Puget Sound in Tacoma, Washington. He was only a few years older than many of his students, and as a result those years were filled not only with classroom lectures and labs, but also hiking, scuba diving, and a variety of other Pacific Northwest adventures. Last month, one of Dr. Bland's former students, Jim Nurse, paid a visit to Bainbridge Island for a mini-reunion. So many stories! What a great treat for both professor and student.

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](#).



Dietary Supplementation: A Complex Controversy Requires Complex Thinking

In March, JAMA published a two-page article titled "Vitamin and Mineral Supplements: What Clinicians Need to Know." Supplementation is a complex subject, especially in what is quickly coming to be known as the n-of-1 era. Can two pages--even when published in a top-tier journal--really provide comprehensive and useful insights? Dr. Bland shares his thoughts in this new video.

From the Functional Medicine Update Audio Archive



Fat on Fire

An interview with:
John Keane, Jr., MD

March 2003

It turns out that body fat is quite an expressive tissue...so what are your adipose cells trying to tell you? Does chronic pain just mean that you're aging or that your visceral fat is on fire? Not merely a storage depot for excess calories, adipose tissue can come in 'hotter' or 'cooler' varieties, produces hormones and cytokines, and alters gene expression and the way our cells produce energy. Even in people not considered overweight, proinflammatory changes within fat are signaled to the body as discomfort and loss of function, and if this message is not acted upon, eventually as cardiovascular or immune conditions. Changes in fat reflect changes in metabolism and immune balance, and present a means for tracking biological aging—an optional rather than necessary component of aging that may, in fact, far 'outweigh' intrinsic aging. [In this classic FMU interview](#), Dr. Bland and cardiologist John Keane, Jr., MD discuss how what you eat, drink, and do impacts your inflammatory tone, sleep, and blood circulation, and provide practical dietary and supplemental ways of engaging in more enjoyable

messaging with your metabolism.

Classic FMU Top Ten Clinical Pearls

John Keaney, Jr., MD, Boston University School of Medicine

1. Aging may seem to reduce responsiveness to exercise, but this is more attributable to lifestyle-induced biological aging and inflammation than intrinsic aging
2. Pain and loss of physical function are often interpreted as aging when they may instead be distress signals from inflamed adipose tissue
3. Histopathology can confirm and identify disease, but monitoring early biomarkers of functional change enables altering the trajectory toward disease
4. Elevated C-reactive protein (CRP) levels can signal that stored fat is acting as a stressor, and reducing dietary glycemic index can help lower CRP
5. Increased body mass index (BMI), elevated cytokine levels, and sleep apnea and fatigue are interrelated
6. As biomarkers and risk factors, weight, body mass index (BMI), body fat, visceral fat, waist circumference, waist-hip ratio, and muscle marbling are all meaningful when we realize the endocrine and signaling functions of adipose tissue
7. Diet and physical activity modify chemical messaging and gene expression throughout the body, making them strong levers for improving function and vitality
8. Endothelial availability of vitamin C is a crucial factor in nitric oxide production, and the amount needed for healthy vascular function is probably higher than the RDA level
9. Black tea and exercise benefit endothelial function, and vitamin E reduces oxidative stress that can lead to atherosclerosis
10. Inflammatory potential and insulin resistance are partners, and beans, phytonutrients, omega-3 fats, MCTs, soy isoflavones, calcium, magnesium, chromium, dietary fiber, B vitamins, and N-acetylcysteine positively impact signaling related to inflammation and energy metabolism

Interview Link:

<http://jeffreybland.com/knowledgebase/march-2003-issue-associate-professor-of-medicine-and-pharmacology-boston-university-school-of-medicine/>

Human Longevity Project Film: Encore Weekend May 19 & 20

Dr. Jeff Bland was honored to be interviewed for this excellent 9-part docuseries. This weekend--May 19 & 20--is encore weekend, which means you have a second opportunity to watch all 9 episodes at no cost when you register here:

<https://humanlongevityfilm.com/?pid=5ad674d91e403>



Episode List:

1. The Truth About Aging: Can It Be Slowed or Even Reversed?
2. The Gut & Immune System: How Microbes Keep You Free Of Disease
3. Diet and Exercise: The Surprising Habits of Healthy Populations
4. Toxic Planet: How To Be Healthy In A Sick World

5. Sleep, Light & Disease: Where The Western World Went Wrong and How To Fix it
 6. Raising Healthy Kids: Fertility, Pregnancy, Birth and Beyond
 7. Purpose, Gratitude & Community: What Healthy Societies Know That We Don't
 8. Cancer & Alzheimer's: How Centenarians Avoid Diseases of Aging
 9. The Way Forward: Combining Ancient Wisdom With Modern Technology
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Dr. Jeff Bland is now on Instagram!

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