



CONVERGENCE

News, Links, and Insights
by JEFFREY BLAND, PHD



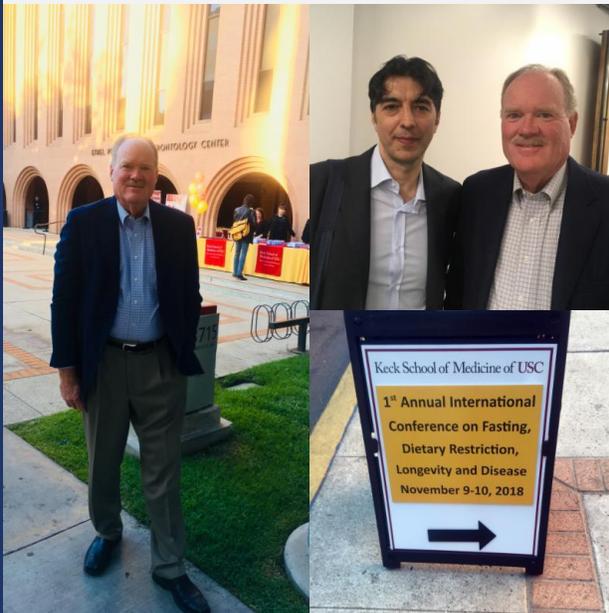
November 2018 - Mid-Month Bonus

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, Video: Thought Leaders Consortium 2017 Clip, Classic FMU

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

Dr. Bland's passport has been getting a workout! To track his activities in real time and see all the photos from his travels consider following his [Instagram page](#).



USC Fasting Summit

Earlier this month Dr. Jeff Bland traveled to the University of Southern California to attend the 1st Annual International Conference of Fasting, Dietary Restriction, Longevity and Disease. This event was organized and hosted by Professor Valter Longo, who is highly respected for his research work and is the author of the recent book *The Longevity Diet*.

Would you like to know more about Dr. Longo's field of study? In 2014, he and his team published an article that provides insights into why protein intake and source play such an important role in biological aging—and why this relationship changes at around age 65 for many people.

Read it here:
<https://bit.ly/2PvGxKg>



Have You Explored the PLMI Education Portal?

Each year Dr. Jeff Bland plans and hosts an annual Thought Leaders Consortium in his role as President of the Personalized Lifestyle Medicine Institute. Videos of the presentations at this event are available to watch for free in [PLMI's online education portal](#). Enjoy this brief sample clip of noted nutrition expert Dr. Pamela Peeke participating in a panel discussion in 2017. The 2018 collection will be posted soon. Explore the archive today! It's a powerful resource and an excellent way to learn about exciting research and future-forward clinical activities.

Video Link: <https://vimeo.com/299921568>



The Modern Immune System May Need its "Old Friends"

Mankind evolved having close interactions with many people, much dirt and mud, and a wide variety of animals, plants, parasites, and microbes. After 150 years of environmental sanitization and antibiotic use, we are now more likely to die from non-infectious than infectious disease, and we are much less exposed to potential immune tolerance factors as well as pathogens. One result is greatly increased incidence of immune intolerance: atopic and autoimmune disorders. According to science writer (and former autoimmune patient) Moises Velasquez-Manoff, long-term immune balance among offense, defense, and tolerance requires acquaintance with bugs and germs, and careful exposure to these "old friends" presents a potentially safe and effective means of restoring immune tolerance. He states that infection with worms and *Helicobacter pylori* used to be fairly common, and many such organisms show protective potential against immune hyperreactivity; in fact, deworming children can increase their chances of becoming allergic. The more your immediate world resembles mankind's "microbially-enriched" cradle, rich with living diversity, the less likely you are to experience modern allergic reactivity, as living in close proximity to an abundance of species creates wider immune tolerance. The webpage below provides a link to Mr. Velasquez-Manoff's TED talk (great photo of an infant in a barn watching its mother work) as well as an introduction to his recent book, *Epidemic of Absence*, which comes highly recommended by master Functional Medicine clinician Sidney MacDonald Baker, MD.

<http://www.moisesvm.com/>

From the Functional Medicine Update Audio Archive



A Functional Medicine Class Act on Restoring Immune Tolerance

An interview with:
Sidney MacDonald Baker, MD

November 2015

While serving in the Peace Corps, Sidney Baker witnessed that Africans virtually never suffered from autoimmune disease. As a medical doctor in the US, he knew that children who had experienced intestinal infection with members of the Helminth family of worms had reduced risk for atopic conditions like asthma and eczema. He began to formulate a theory that maintaining long-term immune tolerance might benefit from interactions, especially early in life, with diverse organisms that share and constitute part of man's environment. Posing his quintessential health question of how to ensure that individuals receive what they uniquely need, he began providing helminth therapies to patients with serious chronic illnesses (as well as trying them himself), with impressive results. Now, in the germophobic age of super-sanitation, the prevalence of allergic, atopic, and autoimmune conditions is increasing rapidly. [In this classic FMU talk](#), Dr. Baker, a major philosophical and scientific contributor to the evolution of Functional Medicine, tells Dr. Bland how he has applied his knowledge of human-environment interactions—and helminth therapy—to improve health among multiple generations of his patients.

Classic FMU Top Ten Clinical Pearls

Master clinician, autism researcher, and educator Sidney MacDonald Baker, MD

1. The gut is uniquely enriched with structures specialized for interacting with the environment, including gut- and mucosa-associated lymphoid tissue, the microbiome, receptors, and enzymes.
2. Hearing noted immunologist Yehuda Shoenfeld state that 'all chronic disease is autoimmune until proven otherwise' caused Dr. Baker to consider mechanisms for restoring lost immune tolerance.
3. The inverse incidence between childhood intestinal helminths and later asthma demonstrates a useful avenue of restoring immune tolerance.
4. Autoimmune and inflammatory disorders may represent modern epidemics related to lack of exposure to necessary diversity in immune tolerance factors, which can be provided through helminth therapy.
5. "Primobiotic" treatment with multicellular organisms (like helminths) might be considered a new dimension in probiotics, and Dr. Baker recommends dosing Lactobacilli separately from helminth therapy.
6. Surface mucopolysaccharides may be helminths' immune-modulating active ingredient, encouraging macrophages to differentiate into the less-inflammatory M1 type.
7. Dr. Baker first learned about the application of taurine in biliary tract conditions after hearing Dr. Bland speak about this underappreciated amino acid.
8. Dr. Baker's deep interest in small molecules (hormones, essential oil components, etc.) stimulated his research into how interactions between simple and complex organisms can help heal chronic disease.
9. Using helminth therapy, Dr. Baker has treated inflammatory bowel disease, allergies, Hashimoto's thyroiditis, atopic dermatitis, and autoimmune alopecia; it may also potentially address autism.
10. For those interested in learning more about helminth therapy, Dr. Baker highly recommends reading Moses Velasquez-Manoff's *Epidemic of Absence*.

Interview Link:

<http://jeffreybland.com/knowledgebase/november-2015-issue-sidney-macdonald-baker-md/>

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