



CONVERGENCE

News, Links, and Insights
by JEFFREY BLAND, PHD



October 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: Breastfeeding Science, Research to Watch, 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](#).



The 2018 Thought Leaders Consortium!

Dr. Jeff Bland is Founder and President of the Personalized Lifestyle Medicine Institute and each October he hosts the Thought Leaders Consortium. By all measures, the 2018 conference in Tucson last weekend was a knock-out success. The information presented by a stellar group of faculty was leading edge, attendee engagement was excellent, the social events were tremendous fun, and the exhibit hall was bustling.

If you were not able to attend, check your favorite social media platform for this hashtag: #PLMI2018. Next year, PLMI will be bringing the Thought Leaders Consortium back to Seattle. Watch for updates about dates and location in your future newsletters.



It's reasonable to think that a textbook published in 1964 might contain out-of-date information. But Dr. Bland just acquired a first edition of *The Architecture of Molecules*—co-authored by Linus Pauling and Roger Hayward—and not only does he feel it is still relevant, he also believes it is a powerful metaphor for many of today's most important issues and questions. Watch now!

Video Link: <https://bit.ly/2RXFksP>

Research to Watch



Omics Describes the Many Faces of Liver Cancer

What are three things hepatitis C infection and non-alcoholic fatty liver disease have in common? They affect the liver, their incidences are increasing, and both can lead to liver cancer. Recent study has begun to define different types of hepatocellular cancer (HCC), which shows marked individualization in presentation and is, for this reason, challenging to treat. Recent research integrating multiple -omics methods (transcriptomics, methylomics, and others) has enabled the discovery of five basic HCC subtypes having distinct patterns in genetic variation, oncogene expression, biochemical and epigenetic signature, gender, alcohol consumption, and disease course. Based upon this characterization, individualized therapies may simultaneously address related methylation patterns, metabolic detoxification activities, dysfunctional proteins, and/or cell signaling tendencies, a focused approach not previously possible. HCC is now the #3 cause of cancer death, increasingly dreaded in a world in which clean air and water are becoming scarce. By better understanding who is more likely to manifest one of HCC's forms and the variations in its underlying genesis, we may not only learn how to treat it but also how to head it off before it begins.

<https://journals.plos.org/plosone/article/file?id=10.1371/journal.pone.0165457&type=printable>

From the Functional Medicine Update Audio Archive



What We Can Learn from the Victorians

An interview with:
Paul Clayton, PhD

October 2012

What do you think of when you hear "Victorian Era"? Steampunk, social reform, and the rise of science and the middle class? How about long lifespans, and excellent health and vitality until shortly before death? Even in Britain, many are not aware that vast amounts of meticulously recorded medical data have revealed that Victorian Britons frequently lived long and healthy lives, and encountered less chronic disease than

modern Americans and Britons. In this FMU interview, nutritionist Paul Clayton, PhD describes how the Victorian lifestyle—and farming culture—had such a profoundly beneficial influence that he compares this population to Olympians.

Classic FMU Top Ten Clinical Pearls
Nutritionist Paul Clayton, PhD

1. Victorian-era healthspans in Britain were exceptionally long for those who survived the challenges of early life, and the related lifestyle is an aptly healthful example for our times.
2. A highly active lifestyle and high intake of produce contributed to exceptional cardiometabolic health among Victorian British.
3. In modern times, we tend to overuse labor-saving devices, though doing so has had enormous negative impact on the collective health of recent generations.
4. Lifestyle is an important influence on quality of life, how one dies, how quickly or slowly one dies, and how well one lives prior to death.
5. With healthful lifestyle, physical activity level, and dietary habits, strong risk factors may account for only about 10% of the incidence of conditions like breast cancer and cardiovascular disease.
6. Heirloom varieties of fruits and vegetables generally have stronger flavors—the result of possessing higher levels of phytonutrients.
7. For plants, moderate stress during growth boosts levels of phytonutrients that protect them, but modern agriculture may actually reduce these levels.
8. Through hormesis, substances synthesized by plants to protect them from environmental stresses in turn protect humans who consume these phytonutrient-rich plants.
9. Adoption of healthful diet and lifestyle practices in the US could profoundly reduce costs related to health care for degenerative diseases.
10. While many people in modern times expend around 2500 kilocalories daily, Victorians were active enough to use 4000-8000 kcal/day.

Interview Link:

<http://jeffreybland.com/knowledgebase/october-2012-issue-paul-clayton-phd/>

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