



CONVERGENCE

News, Links, and Insights
by JEFFREY BLAND, PHD



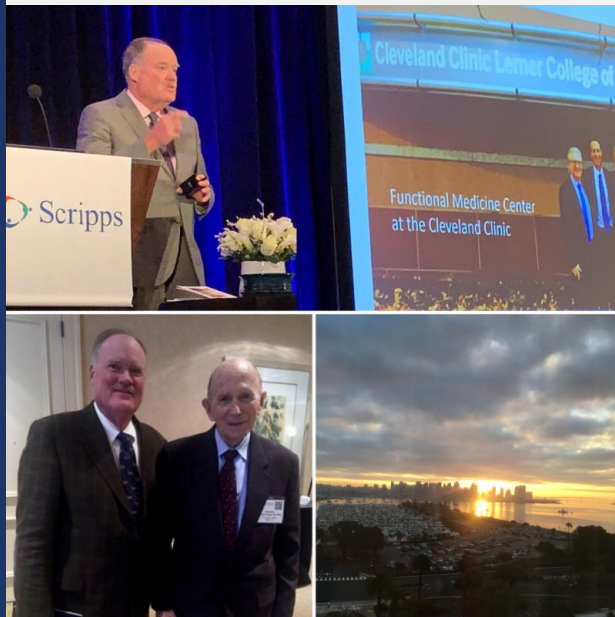
January 2019 - Mid-Month Bonus

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: Scripps 2019; Food for Thought Video: The Calorie; Eating Healthy Aids Weight Loss Regardless of Carbs or Genetics (Study); Classic FMU: Patrick Hanaway, MD

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](#).



Scripps Health Natural Supplements Conference 2019

The new year is officially off and running! It's always a pleasure to travel to beautiful San Diego to speak at this excellent annual event hosted by Scripps Health. Extra special honors this year included participating in a tribute to Dr. Patrick Hanaway, recipient of a lifetime achievement award, and spending time with Dr. Kenneth Cooper, a pioneer in the field of aerobic conditioning and fitness.

Dr. Bland will be speaking at the Integrative Healthcare Symposium in New York City in February. Will he see you there? Check his [Appearances Calendar](#) for additional engagements this year.

Food for Thought: The Calorie Evolves into Uniqueness



Video Link: <https://vimeo.com/276981387>

What is a calorie, how much is it worth, and how much does it cost? One calorie is defined as the amount of energy that raises the temperature of one milliliter of water one degree Celsius, and a food Calorie/kilocalorie/kcal is 1000 of these potential work units. However, human metabolism performs extensive translation on food calories, and a single calorie may have a different energetic meaning to a person with cardiometabolic disease, a vitally healthy person, an infant, a teenager, and a person following a ketogenic eating pattern. During a ketogenic diet (or during fasting or starvation), energy usage is reconfigured to take advantage of stored lipids, and when these fats are liberated, the resulting ketones serve as signaling molecules in addition to providing energy. Circulating throughout the body, ketones (especially beta-hydroxybutyrate) can profoundly influence many functions, including those of mitochondria, the insulin response, muscles, brain neurons, and the heart. Over thirty years ago, Dr. Jeffrey Bland cautioned against the static view that all calories are identical. In this video, he shares converging research showing that a calorie is what a given human being's metabolism at a given time makes of it.

Each month, the Personalized Lifestyle Medicine Institute produces an episode of a video series called [Food for Thought](#). Dr. Jeffrey Bland explores how nutrition, the environment, aging, and other factors impact our quality of life, as well as how advances in technology and research empower us to make personalized lifestyle choices that help us live the best life possible. The production of this free educational resource is made possible through a grant provided by Metagenics Institute. To follow the Food for Thought channel, click [here](#).



Eating Healthy Aids Weight Loss Regardless of Carbs or Genetics

A food plan based on healthy, unprocessed foods and employing either [healthy fats or healthy carbohydrates to maintain satiety](#) appears to be an effective means of encouraging long-term weight loss in 481 overweight adults. After 2 months of either a fat- or carbohydrate-

restricted diet, participants were encouraged to avoid processed convenience foods and allowed to add back healthy food sources of fats or carbohydrates until they reached what they found to be a sustainable eating pattern that facilitated weight loss. After one year, both diets' macronutrient breakdowns ranged from 29-45% fat calories (a "moderate-to-high" range), 30-48% calories from carbohydrates (a "low-to-moderate" range) and 21-23% protein (a moderately-high level); it is interesting to note that, by participant self-selection, neither diet was extremely high or low in any macronutrient value.

After 1 year, regardless of starting with either a fat- or carbohydrate-restricted diet, and regardless of whether researchers felt that subjects were more genetically inclined to respond to fat or carbohydrate restriction, study participants in both groups experienced significant weight loss and reductions in insulin, glucose, and blood pressure levels as well as in the prevalence of metabolic syndrome. Among those following the more moderate-fat, moderate-carbohydrate food pattern, levels of LDL cholesterol fell more significantly, while those following the high-fat, low-carbohydrate eating plan showed

more significant increases in HDL cholesterol and decreases in triglyceride levels. Among both groups, simply becoming more mindful about food choices and quality—changing their relationship to food—appeared to be the most influential factor in achieving successful weight loss.

From the Functional Medicine Update Audio Archive



What to Do When Medicine Means Disease Instead of Wellness

Two interviews with:
Patrick Hanaway, MD

December 2006 and July 2013



As noted at the start of this newsletter, Dr. Jeff Bland participated in the presentation of a lifetime achievement award to Dr. Patrick Hanaway at the 16th Annual Scripps Natural Supplements Conference in San Diego this month. Are you familiar with Dr. Hanaway's work and accomplishments? There are TWO interviews available in the FMU archive that can help you learn more. Listen today!

How many doctors can say that they started their own nutrition curriculum at their medical school—as a student? Patrick Hanaway, MD also had the liberating experience of hearing his pathology instructor (the distinguished Dr. Jeffrey Gordon of Washington University) say that pathology was just one way of looking at health and disease and that there are many others, such as the Ayurvedic medical tradition or Hans Selye's theories of chronic stress. Yet after years of post-graduate study in traditional Chinese medicine, nutrition, Native American herbology, bush medicine, and laboratory diagnostics, he still lacked a way to precisely translate this knowledge into the right treatment for each patient from development and resolution of illness into actively building wellness. Dr. Hanaway found his Rosetta stone in Functional Medicine, and in these FMU interviews with Dr. Bland, he describes discovering the supreme importance of gut physiology and—perhaps even more challenging—a business model that can potentially help fulfill doctors' hopes of having a rewarding medical practice that is socially meaningful and sustainable.

Classic FMU Top Ten Clinical Pearls: Patrick Hanaway, MD

1. The gut is the immune system's headquarters
2. Oligosaccharides feed the GI's protective biofilm
3. Gene-lifestyle interactions relate to GI diseases
4. Probiotic use: give plenty and give combinations
5. Diet sets inflammatory tone along the GI
6. Fecal calprotectin and double-sugar tests for GI evaluation
7. Gut neurotransmitters outnumber brain's
8. First two years of life set immune baseline
9. In some, *Klebsiella* can increase autoimmunity risk
10. Monthly subscription care models are worth consideration

Interview Links:

<http://jeffreybland.com/knowledgebase/july-2013-issue-patrick-hanaway-md/>

<http://jeffreybland.com/knowledgebase/december-2006-issue-patrick-hanaway-md-genova-diagnostics/>

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