



# CONVERGENCE

News, Links, and Insights  
by JEFFREY BLAND, PHD



## March 2019 - Mid-Month Bonus

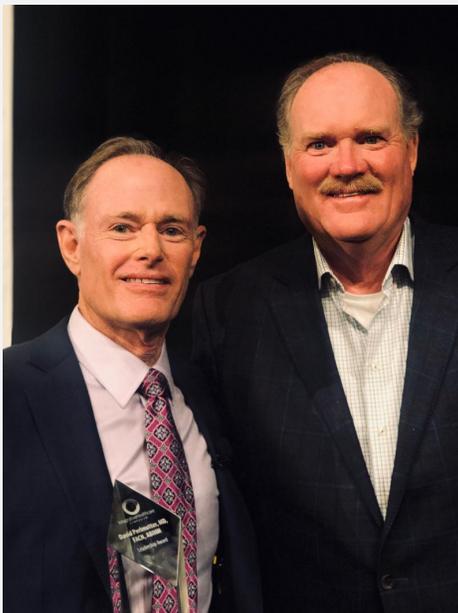
Thank you for subscribing to Dr. Jeffrey Bland's newsletter. Enjoy and share this information, which is for educational purposes only. Always consult with a qualified healthcare professional when you are in need of medical advice, diagnosis, or treatment.

**In this issue:** The Vantage Point: The 2019 Integrative Healthcare Symposium; Planetary Health: A New Article Co-Authored By Dr. Bland + Video Blog; Classic FMU: Halsted Holman, MD

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

Do you want to track Dr. Jeff Bland's activities and see photos from his travels? Follow his [Instagram page](#) to stay connected!



### Honoring Dr. David Perlmutter

This year's Integrative Healthcare Symposium was quite an experience! As he has done for many years now, Dr. Jeff Bland traveled to New York City for this important annual event. What an honor and pleasure to see David Perlmutter, MD receive the IHS Global Leadership Award. So many people have benefited from Dr. Perlmutter's work and advocacy and many great things are yet to come.

Dr. Bland participated in a Facebook Live interview with Integrative Practitioner in the IHS exhibit hall during the conference. Did you miss it? It was a great 20-minute conversation. Watch the video [here](#).

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Illustration by Susan L. Prescott, MD, PhD

## Clinical Ecology—Transforming 21st-Century Medicine with Planetary Health in Mind

The 'omics' revolution is making planetary health personal. How and why? Because each person maintains complex, biologically-relevant microbial ecosystems, and those ecosystems are, in turn, a product of the lived experiences within larger social, political, and economic ecosystems. Dr. Bland tells you more about the concept of planetary health in a new video blog AND he is co-author of an [open-access paper](#) on this topic that has just been published. He was proud to collaborate on this effort with David H. Nelson, Susan L. Prescott, and Alan C. Logan.



Video Link: <https://bit.ly/2Jh62MJ>

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## From the Functional Medicine Update Audio Archive



### Teaching Clinicians How Not to Focus on Disease

An interview with:  
Halsted Holman, MD

June 2010

While Big Data is likely to significantly change how we care for our own health, it won't draw our blood for laboratory testing, formulate a differential diagnosis, determine which biomarkers are most crucial for each individual (at least not soon), or educate patients in their own self-care. Yet many clinicians have not been prepared by their medical education for prospective wellness-oriented health care, and because medical care and payment systems are centered on disease, the adoption of patient-centered treatment that focuses on individuals' behaviors, motivations, needs, and limitations is unnecessarily problematic. Ultimately, the ideal is enabling patients to manage the 24/7 influences on their own health—the day-in, day-out health behaviors that make an enormous long-term impact on the trajectory towards either disease progression or increasing wellness. [In this FMU](#), Dr. Bland talks with doctor's doctor Halsted Holman, MD

about interpreting biomarkers for individuals, the value of group care visits, and the importance of hearing what patients are saying.

**Interview Link:**

<http://jeffreybland.com/knowledgebase/june-2010-issue-halsted-holman-md-stanford-university-school-of-medicine/>

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Connect with Dr. Jeffrey Bland



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