June 2019 - Mid-Month Bonus

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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, see photos from his travels, and find inspiration in his words? Follow his social media pages to stay connected!

Home is the Foundation

This photo was taken a few hours before heading to the airport to board a flight bound for Australia. Seeing the world is a joy and a privilege, but home is the foundation that truly gives meaning to everything else.

Photo credit: Susan Bland

Friends are Life's Bonus

Australia. Returning to this amazing country is always a special experience. This trip was the best of both worlds: tremendous fun speaking at the 2019 Metagenics Congress in Brisbane followed by a

visit with good friends in Noosa on the Sunshine Coast.

Reflect, Whenever Possible

The route from Brisbane, Australia to London, England provides a traveler with plenty of time for introspective thinking about the state of our past, present, and future world. Read Dr. Jeff Bland's full post about the reflections he had while observing the lights of the world through his plane window on his Instagram page.

The Power of Reconnection

It's been five years since Dr. Jeff Bland's last seminar in the UK and so he was thrilled to be warmly welcomed back for an event called The Science of Health this past weekend. Kudos and congratulations to Ken Eddie and the entire Nutri Advanced team. They brought together and incredible mix of presenters and attendees for an extraordinary day. Thank you to everyone (planners and participants)!

What Information Do You Feed Your New Stem Cells?

You talked about fasting with your doctor, successfully completed an interval of intermittent fasting, and maybe even cultivated a new crop of stem cells? Great! Since food is information, what is the first meal you feed them—and what subsequent information will you deliver? What do new cells need in order to stay healthy, resilient, and high-performing? As fasting experts know, how you break a fast is a crucial opportunity for establishing better behavioral foundations for future health: reprogramming immunometabolic function and, hopefully, better mental and physical performance and comfort.

Key avenues of cellular aging that are nutritionally responsive include:

- Limiting average and peak levels of blood glucose to limit potential glycation of

proteins and lipids in the body
- Avoiding formation of insulin-resistant visceral fat
- Avoiding excessive insulin-like growth factor (IGF) production by animal proteins
- Limiting oxidative stress to limit potential oxidation of proteins and lipids in the body
- Activation of longevity proteins like sirtuins

As these energy networks are sensitive to overnutrition, setting daily eating windows and understanding how one's habitual caloric intake compares to requirements are reasonable starting points for avoiding related behaviors.

Medically-approved intermittent fasting can help many stretch their metabolic flexibility (ease in accessing stored body fat), and establishing a higher omega-3/omega-6 fatty acid dietary ratio is desirable, as omega-3s lend support the forgotten function of autophagy in modern lifestyles. Omega-3 sufficiency also tends to encourage better immune balance and improve inflammation-related signaling. Post-fasting is also a prime time to introduce more prebiotic carbohydrates and fibers that better manage glucose levels and stress-related cravings for sweets and alcohol. (As one example, have you ever tried raw or cooked Jerusalem artichoke? It's actually the tuber of a species of sunflower.) In terms of protein, longevity research suggests that for those under 65, a high intake of animal (but not plant) protein can increase levels of insulin-like growth factor-1 (IGF-1), which is linked to insulin resistance and reduced autophagy. However, in those over 65, high intake of plant or animal protein is associated with lower risk for cancer and overall mortality yet still increases diabetes mortality 5-fold, emphasizing the importance of a personalized approach to health and nutrition.

Taking a break from processed foods increases appreciation for the flavor and crunch of organic produce (in its skin, when possible), unroasted nuts and seeds, and other nutrient-dense foods. As your new stem cells set to work on rejuvenating body tissues, they need all essential and semi-essential micronutrients and phytonutrients for building cell structures, DNA, and mitochondria as well as tissue antioxidant reserves. Quercetin is one good example of nutritional multi-tasking: it not only activates human sirtuin, it inhibits oxidation of lipids, mediates equilibrium among T-helper immune cell types (even Th17 and T-regs), influences gene expression of inflammatory mediators, and in animals, helped limit accumulation of visceral fat. Folate is another wearer of many hats, with critical metabolic roles in building and repairing adult as well as fetal tissues, aiding stem cell maturation, creating red and white blood cells, influencing genetic and epigenetic activities, maintaining DNA's genetic integrity, and participating in the synthesis of amino acids, nucleotides, and neurotransmitters.

Mitochondria have complicated internal environments necessitating separated areas of increasing energy potential. Omega-3s help build protective yet functionally permeable cell membranes, and also support mitochondrial energetics. Other nutrients that support mitochondrial energy production include coenzyme Q10, B vitamins, resveratrol, selenium, acetylcarnitine, succinate, N-acetylcysteine, vitamin E, and creatine. Zinc is another interesting example: it helps mitochondria balance production of energy versus pro-oxidants to enable biogenesis (growth of new mitochondria), yet also appears to improve telomerase activity in stem cells through influencing methylation function.

These examples represent only a very few among the many nutritional interactions and metabolic decisions taking place in bodies every day. How is it that nutrients are involved in so many health-related functions? Along with one's environment, personal experiences, and physical activities, food provides valuable information to the body about living conditions and needs. One of the reasons so many nutrients do so many things is because those things are not separate—they are actually related, through metabolic networks that respond to circumstances to allow an organism to survive and adapt. It isn't 1000 different things—it's 1000 facets of the same complicated gem.

It's begun: the rush to register before early-bird registration pricing ends on June 30th! The Personalized Lifestyle Medicine Institute is experiencing a definite uptick in activity and we want to alert you that time to register is NOW. By doing so, you'll not only lock in our early-bird rate, you'll also receive a link in your confirmation email that will allow you to make reservations at the Hyatt Regency Lake Washington in PLMI's room block. This venue—one of the newest in the Seattle region—is beautifully situated and is expected to be fully booked well ahead of our October conference. Use the links below to finalize your plans!

Conference Overview

Speaker Gallery

2019 Schedule

Registration Website

The Human Longevity Project: Last Chance to Watch for Free

Last year, Dr. Jeff Bland participated in an extraordinary documentary series called The Human Longevity Project. He discussed food, nourishment, and the greater context of being in touch with the environment with filmmaker and host, Jason Prall. Jason traveled all over the world to experience and learn more about its healthiest populations. His work and that of his team reflects a visually stunning and in-depth exploration of the subject of health and longevity.

THIS WEEK ONLY: The Human Longevity series is being re-released for public viewing one last time. One episode is available each day, and the FULL collection of 9 episodes will be live for the entire weekend of June 22 & 23. Use this LINK to register and watch.

Don't miss this unique opportunity to benefit from the wisdom of both experts and elders!

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