August 2018

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In this issue: 2018 Thought Leaders Consortium; Exploring the Difference Between Biological Age and Chronological Age; Vitamin E Status Relates to Gallstone Risk; SNiPpets: Interleukin-10; Links Between Asthma and Diet

The Sixth Annual Thought Leaders Consortium - Don't Delay Your Registration Any Longer!

By the end of last summer, all seats for PLMI’s annual Thought Leaders Consortium had been reserved and registration was closed. As we enter August, the PLMI team strongly suggests completing your registration and room booking as soon as possible because we’re on track for another sell-out this year. Individuals from more than 11 countries have already registered. Join them in Tucson this fall!

Express registration link: https://bit.ly/2NA0NFM


Let us tell you more about what you can expect to learn from our 2018 speakers. PLMI President and TLC host Dr. Jeffrey Bland has compiled a list of his anticipated takeaways:

- How to use immune assessment in developing a personalized lifestyle intervention program
- How to use genomic stability data in assessing micronutrient needs
- How to use biometric and bioanalytical tools for assessing patient uniqueness
- How to develop a personalized lifestyle medicine program focused on cognitive
How to contextualize new discoveries in behavioral epigenetics and understand what they mean for patient management
How to activate stem cells using a fasting mimicking diet program
How to measure patient outcomes using new metrics that tie to the ICD-10 and 2016 CPT codes

As you can see, the 2018 Thought Leaders Consortium will cover an impressive range of content that will be synthesized in dynamic and engaging ways by Dr. Bland. The Thought Leaders Consortium will also offer social events, networking opportunities, and a robust exhibit area featuring companies and organizations that support the advancement of personalized lifestyle medicine and the growth of the wellness marketplace.

Exploring the Difference Between Biological Age and Chronological Age

Though countless physiological processes have been meticulously studied, no single pathway, network, gene, or biomarker—nothing beyond time itself—is specific to chronological aging. Yet age is the prime risk factor for chronic disease, and most people experience functional decline as they grow older. If this appears to contradict earlier statements, look more closely. Biological aging manifests in an intensely individualized manner: not at all for a few, cognitively for others, and in joint pain, fatigue, sarcopenia, less enjoyment of life, and/or chronic diseases for still others. Biological aging is supremely personal, yet one’s style of aging generally reflects one’s style of living: certain individuals and populations enjoy long lives virtually free from signs of aging while others show them in relative youth. Read more>>

Vitamin E Status Relates to Gallstone Risk

Gallstones are concretions of cholesterol metabolites that can precipitate within the gall bladder and potentially cause severe abdominal pain. A 2018 study has found that people with the highest ratio of alpha-tocopherol (a common form of vitamin E) to cholesterol have a 69% reduced risk for developing gallstones. Researchers hypothesized that better vitamin E status aids healthier cholesterol and fat metabolism and reduces oxidative stress, resulting in less crystallization within the gall bladder. Previous research tends to support this view, as gallstone patients on the whole show lower intakes of antioxidant nutrients like vitamins C and D, zinc, selenium, methionine, and cysteine. In this edition of Functional Medicine Update, Dr. Jeffrey Bland provides more background on gallstones and explains how dietary fiber, fats, and antioxidants modify the chances of experiencing this uncomfortable condition.

SNiPpets

How significant to health are particular single nucleotide polymorphisms, also known as SNPs? SNiPpets is a ongoing exploration of this topic. This column is produced by Jeffrey Bland, PhD and the Personalized Lifestyle Medicine Institute.

This Immune-Related SNP May Affect Inflammatory Tone
Interleukin-10 (IL-10) is a pivotal cell messenger that helps establish balance among the divisions of the immune response. Carriers of G variant alleles at the rs1800896 SNP of a gene coding for IL-10 are significantly more likely to have used ibuprofen or aspirin in the previous month. However, supplementation with the omega-3 fatty acids EPA and/or DHA has been shown to beneficially modulate IL-10 production in those with exercise- or obesity-induced inflammation. For carriers of this SNP who use such over-the-counter pain relievers, it may be recommendable to receive Functional Medicine evaluation of immune, cardiometabolic, and digestive functions.

More Veggies and Less Wheeze, Please

Though conditions in the outer environment have a lot to do with the wheezing and respiratory challenges of asthma, it turns out that the inner environment makes a difference as well. A recent study analyzed the influence of eating patterns on asthma and breathing difficulty, and found that high consumption of fruit and vegetables reduces risk throughout both childhood and adulthood by strengthening the anti-inflammatory character of one's diet. These researchers also discovered that a mother's high intake of omega-3 fatty acids and vitamins D and E during pregnancy can also confer protection against later asthma in her child, suggesting that these nutrients may beneficially modify gene expression relating to immune function. Another scientific review found that the Mediterranean diet, characterized by generous intakes of fresh produce, nuts, and olive oil, may also reduce the likelihood of developing childhood asthma. In any event, these simple foods evidently contribute significantly to clear breathing and respiratory comfort.
Exciting news! New content has been added to PLMI’s online education portal and it is available to stream NOW. In May 2018, PLMI partnered with OrthoMolecular Products to host a two-day conference in Florida called **The Exposome Factor: New Approaches to Assessing and Treating Stress-Related Disorders**. This event earned rave reviews from attendees and speakers. We’re pleased to now share this valuable education resource with people all over the world. Login and start viewing today! User registration is required but there is no cost to access this information. [Go to the Education Portal](#)

Spring 2018 Speakers:
- Jeffrey Bland, PhD
- Gary Miller, PhD
- Jarrod Spencer, PsyD
- Joseph Lamb, MD
- Christopher Mote, DO, DC
- Thomas Guilliams, PhD
- Joseph Pizzorno, ND
- Aristo Vojdani, PhD

Are you interested in attending future PLMI live events? Be sure to read our newsletter every month for announcements and notifications, plus social media is a great way to stay connected.

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