March 2018

Thank you for subscribing to this newsletter from the Personalized Lifestyle Medicine Institute. Enjoy and share this information, which is for educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always consult with a qualified healthcare professional when you are in need of advice regarding a medical condition.

**In this issue:** Coffee Consumption and Vascular Health, Healthy Fats-Healthy Brains, SNiPpets: Aromatase, Sodium Intake, Notable & Quotable, PLMI Announcements

**Did You Know?**

PLMI has a FREE online education archive. More than 50 videos recorded at our annual Thought Leaders Consortium are now available to stream. User registration is required, but there is no fee to access and view this material. Find more details at the end of this newsletter.

Here is today's featured quote:

> “When we look at systems, we actually find, as Einstein said, that it’s a thing of beauty.”

Patrick Hanaway, MD
Clinic Director, Cleveland Clinic Center for Functional Medicine
2017 Thought Leaders Consortium

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**Coffee Consumption Changes its Vascular Effects**

That after-dinner coffee might actually aid your blood vessels’ endothelial function—but only as long as it is rich in chlorogenic acids and low in pro-oxidant hydroxyhydroquinones. Japanese researchers have discovered that consuming about 6 ounces of coffee with this composition significantly improved flow-mediated vasodilation in hypertensive subjects after a meal, though it did not reduce blood pressure.

A related 2017 study found that reducing hydroxyhydroquinone contents of coffee can also augment the body’s utilization of fats after a meal, which complements evidence from earlier investigations showing that chlorogenic acid modulates fat and glucose metabolism. These...
studies clarify that this organic acid can significantly benefit metabolic responses after eating but that these healthful effects may depend on the overall phytonutrient balance of a meal.

**Healthy Fats, Healthy Brains**

Preserving cognitive function is increasingly important to us as individuals, as members of families potentially faced with expensive care for our elders, and as a society wondering how to support the large population of Baby Boomers now at heightened risk for age-related dementias. What can we learn from those who maintain sharp mental capacities into advanced age?

Residents of the Japanese island of Okinawa who consume their traditional diet are famous for their remarkable physical, social, and mental vigor and longevity. The Okinawan diet boasts generous intakes of omega-3 fatty acids despite a very low overall intake of fat, yet even in this nutritionally optimized population, higher global cognitive function related to higher blood levels of EPA and DHA, the major omega-3 fatty acids. This is notable on at least two points: the brain appreciates extra helpings of healthy fats, and perhaps even more importantly, performs better with a diet that is low in other fats.

Cholesterol also impacts memory, yet not always in expected ways. Though a high LDL cholesterol level is not considered desirable, the size and density of LDL particles affects how readily they oxidize into deleterious forms and how easily the body can excrete them. In this Functional Medicine Update interview, PLMI President, Dr. Jeffrey Bland and prominent cardiologist Dr. Mark Houston discuss this cardiovascular conundrum. Among Okinawans aged 80 and older, better memory has been associated with higher LDL levels. While this seems paradoxical, the researchers noted that it may indicate heightened production of larger and less dense LDL particles that are more stable and more easily excreted.

**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.

**With This SNP, Soy Intake Paradoxically Modulates Genetic Risk For Prostate Cancer**

Though soy consumption is generally associated with reduced risk for prostate cancer, combinations of polymorphisms can interact to modify prostate cancer risk in unexpected ways. In the aromatase gene, a TTTA repeat pattern has been linked to higher estrogen levels in overweight men. If this repeat pattern coincides with an rs2077647 SNP for estrogen receptor-α and an rs10046 SNP for aromatase, it increases prostate cancer risk even at high soy intake. However, when it occurs alongside the most common allele for aromatase, prostate cancer risk is reduced despite low soy intake.

**How Much is Saved by Cutting 400 mg Salt?**

On a global scale in 2010, 1.65 million deaths were attributable to excessive sodium intake (over DM)
In this video, Dr. Jeffrey Bland presents research showing that an amazing 90% of us (children included) get too much sodium and that reducing our average intake by only 400 mg daily could save 28,000 lives annually as well as $7B in healthcare costs in the US. As he explains, since many of us receive about 3500 mg sodium daily, and because processed foods, restaurant meals, and highly-flavored snacks that crowd out whole, fresh, high-potassium foods are prime contributors, cutting down to no more than 2000 mg would achieve a blood pressure effect equivalent to that of most first-stage antihypertensive drugs.

Announcements

The Personalized Lifestyle Medicine Institute is hosting two events in 2018. In May, we’ll be in Florida for a symposium we call **Mastering the Implementation of Personalized Lifestyle Medicine**. This two-day meeting will feature presentations about stress-related disorders and how they are influenced by interactions among the nervous, immune, and endocrine systems. In October, PLMI will be in Tucson, Arizona for our signature annual event, the **Thought Leaders Consortium**. This conference will feature speakers from Harvard Medical School, Stanford University, Mount Sinai, McGill University, the University of Southern California, and the Cleveland Clinic Center for Functional Medicine. In addition, we’re honored that our 2018 presenters will include Larry Smarr, PhD, Founding Director of Calit2, a UC San Diego/UC Irvine Partnership; Dale Bredesen, MD, who is affiliated with UCLA and the Buck Institute and is the author of the best-selling book The End of Alzheimer’s; and Michael Fenech, PhD, Senior Principal Researcher at the Commonwealth Scientific and Industrial Research Organisation (CSIRO) based in Canberra, Australia. Use the links below to learn more about each of these events. Early registration is strongly encouraged.

**Mastering the Implementation of Personalized Lifestyle Medicine**

The Exposome Factor: New Approaches to Assessing and Treating Stress-Related Disorders

May 4 - 5, 2018

Gaylord Palms Resort & Convention Center

Kissimmee, Florida

Learn More

Registration Details

**The Sixth Annual Thought Leaders Consortium**

The Science of Precision: What’s Next for Personalized Lifestyle Health Care

October 12 - 13, 2018

The Westin La Paloma Resort and Spa

Tucson, Arizona

Learn More

Registration Details
As a 501(c)(3) nonprofit organization, the Personalized Lifestyle Medicine Institute is committed to making quality educational information about science and health care available to both professional and consumer audiences.

Our online Education Portal features video presentations from past PLMI events that are free to view online. User registration is required. [Access the Education Portal]>

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