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In this issue: How Golden is Turmeric?; Vitamin D as a Multi-Generational Cardiometabolic Nutrient; SNiPpets: Vitamin D Status; A Probiotic Can Make a Metabolic Difference; Attending IFM's Annual International Conference in Florida? Visit the PLMI booth!

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 and a link at the end of this newsletter.

Here is today's featured quote from the archive:

“Dense dynamic data clouds are really a transformational approach to medicine. They allow you to optimize wellness and avoid disease.”

Lee Hood, MD, PhD
2017 Thought Leaders Consortium

How Golden is Turmeric?

There is much ado about the Asian spice turmeric, as its major constituent curcumin is touted as a solution to pain and aging. And yet it's been in Indian food for centuries—can it really be so special? The excitement surrounding turmeric and curcumin seems to be a case of something that's been overlooked for too long.
around for a long time finding a modern gap to fill. As a food ingredient, turmeric root has a savory flavor that, like garlic or ginger, complements many vegetables, meats, and starches, and its bright buttery color gives a sunny glow (or stain) to anything it touches. As a supplement, the main difficulty with curcumin is ingesting and absorbing enough. In food, this quandary is easily solved by sautéing turmeric in oil or clarified butter (which, incidentally, aids absorption) and incorporating it, in generous quantities, into sauces; it’s understandably difficult to replicate this within a tablet.

But research has found that turmeric's composition offers a unique combination of phytonutrient antioxidants that beneficially modulate pain, inflammation, liver function, pre-cancerous processes, and fat metabolism. While turmeric and curcumin have been successfully used in managing joint pain associated with osteoarthritis, curcumin has also recently been shown to help take the edge off discomforts caused by simple overexertion. Healthy rugby players with pain due to minor injury, excessive physical activity, or chronic pain found similar relief from either a special curcumin extract or standard analgesic drugs, though the plant extract caused fewer side effects like stomach pain. As diets, lifestyles, and the pursuit of health become increasingly complex in the 21st century and beyond, using turmeric or curcumin may be a relatively simple way to receive four-dimensional support for wellness.

Vitamin D as a Multi-Generational Cardiometabolic Nutrient

Numerous body organs have receptors for welcoming vitamin D into cells, among them muscles and cartilage, the pituitary gland, the thyroid, immune cells, the pancreas, the brain, and the intestines, and this vitamin is ever more recognized for its many regulatory roles in maintaining long-term health and metabolic balance. Among the findings of the last few years is that vitamin D sufficiency may help maintain insulin sensitivity—but a recent European study finds that maternal vitamin D status may also affect markers of cardiometabolic health in children long after birth.

Even in sunny Greece, children born to women with relatively low blood levels of vitamin D during the first half of pregnancy (reflecting insufficiency according to recently updated standards) showed a higher body mass index and larger waistlines, which even in children are considered indicators for increased fat accumulation, at the ages of 4 and 6 years. As vitamin D is one of the fat-soluble vitamins, fat tissue is an important storage depot for it, and vitamin D affects fat storage through its influence on energy metabolism and the balance between immune and inflammatory processes.

In this informative FMU interview, prominent vitamin D researcher Michael Holick, MD, PhD talks with Dr. Jeffrey Bland about how this single nutrient simultaneously affects insulin production, longevity, the potential for developing cancer, bone strength, autoimmune disease risk, and complications during pregnancy. They also discuss the importance of diet and sunlight for appropriate activation of this hormonal vitamin when it is needed.

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
Women with this SNP May Have an Extra Reason for Assessing Vitamin D Status

Chromosome 6 carries the rs10485165 polymorphism, consisting of a fairly common TC variant genotype that negatively impacts vitamin D levels and has also been associated with breast cancer risk. While women with lower-than-average vitamin D levels in their blood were about one-third more likely to get breast cancer, those with above-median vitamin D levels were 17% less likely to get it, despite carrying the SNP. Keeping in mind that “average” vitamin D blood levels are increasingly considered inadequate for supporting optimal health, it appears especially important that women with this polymorphism receive testing to ensure that they are receiving enough dietary, supplemental, and/or sunlight-triggered vitamin D activity.

A Probiotic Can Make a Metabolic Difference

Obesity and unhealthy changes in carbohydrate metabolism go hand in hand, though either may arise first in loss of well-being. Though multiple lifestyle inputs are needed to counter conditions like pre-diabetes, recent Japanese research highlights potential contributions of a particular strain of Lactobacillus casei. Lactobacilli are well known as a component of fermented dairy products like yogurt and buttermilk, and the L. casei Shirota strain is used in making a specialty Japanese milk. But among obese men with early metabolic changes, those receiving this microbial strain daily showed improvements in cholesterol and carbohydrate metabolism after just 8 weeks. These results are especially encouraging, as dietary changes often take longer to make a difference in fat metabolism, and certain benefits of this probiotic persisted for weeks after subjects stopped taking it during the study.

In this video, PLMI President Dr. Jeffrey Bland describes how sugar, in an almost drug-like fashion, harms energy metabolism and can even affect genetic information transmitted to the next generation that influences their risk for becoming obese.

Visit the PLMI Booth at IFM’s Annual International Conference

For the second year in a row, the Personalized Lifestyle Medicine Institute is pleased to have a portion of the Thought Leaders Consortium designated as an Educational Partnership with The Institute for Functional Medicine. Two "IFM Presents" talks will take place on Saturday, October 13, 2018 at the TLC conference in Tucson, Arizona. PLMI President Dr. Jeffrey Bland tells you more in this new video, and additional details are provided below.

PLMI will have a booth space in the exhibit area at IFM's Annual International Conference in Hollywood, Florida later this month. Be sure to stop by and speak with our team members if you would like to ask questions, register for the Thought Leaders Consortium in person, or just say hello and get to know us better.
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

More Details about IFM Presents:
IFM Presents: Alzheimer's Disease - New Approaches to Prevention and Treatment - A Dialogue
David Perlmutter, MD, President, Perlmutter Health Center
Dale Bredesen, MD, UCLA and Buck Institute

IFM Presents: Functional Medicine Outcome Studies at the Cleveland Clinic Center for Functional Medicine
Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine
Patrick Hanaway, MD, Research Director, Cleveland Clinic Center for Functional Medicine

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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