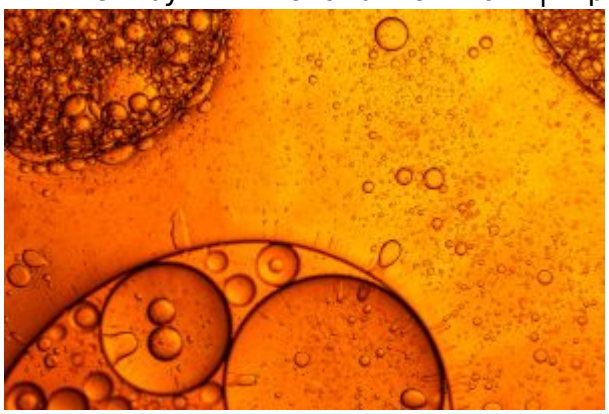
# Next-Generation Fish Oil and More with Dr. Jeffrey Bland

written by Dr. Ronald Hoffman | April 8, 2026



Excited to share my latest podcast episode with the legendary Dr. Jeffrey Bland, the godfather of Functional Medicine. We dive deep into the origins of functional medicine and its crucial role in healthcare today. And Dr. Bland details the benefits of Big Bold Health’s next-generation fish oil, Omega-3 Rejuvenate. Check it out!