# Decoding Omega-3 Benefits: A Discussion with the Godfather of Functional Medicine

written by Dr. Ronald Hoffman | September 30, 2026



I’m excited to share my latest Podcast episode with the renowned Dr. Jeffrey Bland, the godfather of functional medicine. We explore the science, benefits, and the revolution in fish oil supplementation. Learn about immunometabolism and the role of omega-3s in optimizing your health. Listen now!