



## **Improving Women's Health and Immunity with Dr. Jeffrey Bland, PhD, FACN, FACB, CNS (ep – 42)**

Host Ginger Hultin is joined by the founder of the Functional Medicine Movement, Dr. Jeffrey Bland. They delve into the realms of functional medicine, focusing on women's health, sleep, nutrition, and the immune system. Dr. Bland shares his insights on perimenopause and menopause from a functional and integrative perspective, highlighting the importance of addressing women's health beyond just balancing hormones. They also discuss social determinants of health, and how our social environments impact gene expression through epigenetics, stressing the reversibility of these epigenetic marks. Dr. Bland provides a detailed explanation on the adaptability of the immune system, the differences between innate and acquired immunity, and the effects of diet on health.

### **In this episode, we'll cover:**

01:13 The Evolution of Women's Health Research

03:57 Social Determinants and Epigenetics

05:55 Understanding the Immune System

13:14 Diet and Immune Health

17:38 Hormones and Women's Health

19:32 Aging, Sleep, and the Immune System

### **About Ginger Hultin, MS, RD, CSO:**

Ginger Hultin is an integrative, clinical dietitian and cancer nutrition specialist with a master's degree from Bastyr University, where she currently serves as adjunct faculty teaching clinical nutrition. She has been in practice for over 10 years using a personalized, holistic nutrition approach. She runs a full-time virtual private practice, [Ginger Hultin Nutrition](#) where she helps clients with complex health problems improve their health through nutrition. In addition to being the host of The Good Clean Nutrition Podcast, she is an author of two books, Anti-inflammatory Diet Meal Prep and the How to Eat to Beat Disease Cookbook. Ginger is also currently pursuing her doctorate in clinical nutrition.

Connect with Ginger on [Instagram](#), [LinkedIn](#) or her [website](#).

### **About Dr. Jeffrey Bland, PhD, FACN, FACB, CNS:**

Dr. Jeffrey Bland, PhD, FACN, FACB, CNS is known worldwide as the founder of the Functional Medicine movement, which represents his vision for a care model that is grounded in systems biology and informed by research. Dr. Bland began his career as a professor of Biochemistry at the University of Puget Sound and contributed to the founding and accreditation of Bastyr University, the first federally accredited university offering undergraduate and graduate degrees in natural medicine. He has created the Personalized Lifestyle Medicine Institute (PLMI) and the Institute for Functional Medicine (IFM), the global leader in Functional Medicine education. Dr. Bland is the author of best-selling books and over 120 peer-reviewed research publications. Most recently he launched Big Bold Health which advocates for the power of immuno-rejuvenation to enhance immunity at a global level.

Connect with Dr. Bland on [Instagram](#), [Twitter](#), [Facebook](#), [LinkedIn](#) or his [website](#).

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