

Biohacking Your Genes: Navigating the Genetic Path to Wellness

written by Dr. Ronald Hoffman | March 11, 2025



In this episode of the Intelligent Medicine Podcast, Dr. Ronald Hoffman interviews Dr. Sharad Paul, a New Zealand physician, on his book, “Biohacking Your Genes: 25 Laws for a Smarter, Healthier, and Longer Life.” They discuss how genes serve as a blueprint but not a destiny, stressing the role of lifestyle and habits in managing genetic risks. Dr. Paul expands on the impact of diet, supplements, and exercise tailored to genetic makeup, citing his holistic approach versus extreme gene-editing biohacking. The conversation touches on vitamin D’s role in health, the misconception about sun exposure, and the relationship between genetics and skin health. Nutrigenomics is explored, illustrating how genetic testing can influence dietary and lifestyle choices, while also covering genetic predispositions related to mood, sodium, and sugar sensitivity. The podcast concludes with actionable tips for optimizing skin health through diet and protective measures.