

Turning Stress into Strength

written by Dr. Ronald Hoffman | April 2, 2025



Dr. Sharon Bergquist is an award-winning physician, innovative healthcare leader, and visionary researcher, renowned for spearheading a science-based approach to applying lifestyle as medicine. She is the author of “The Stress Paradox: Why You Need Stress to Live Longer, Healthier, and Happier.” She discusses the misunderstood role of stress, emphasizing its potential benefits when managed and utilized correctly. Dr. Bergquist explains how stress can enhance cellular function, boost resilience, and improve overall health. She delves into topics such as the physiology of stress, the science of hormesis, and the benefits of controlled stressors including plant toxins, thermal exposure, fasting, exercise, and psychological challenges. The discussion underscores the importance of balancing stress and recovery to promote cellular repair and long-term well-being.