# ENCORE: Intelligent Medicine Radio for August 9: Benefits of Sun Exposure

written by Dr. Ronald Hoffman | August 11, 2025

Lifestyle and environment affect health more than genes; How to get rid of knee pain; Sunlight—Time for a rethink? Benefits of sun exposure may be more than just about vitamin D; Ginger scores vs. colitis; Kitchen remedy for water-borne lead; Blue light exposure at night impairs sleep—but morning exposure improves it; Alternatives to PPIs for Barrett’s Esophagus; Topical—not oral—melatonin for skin rejuvenation;