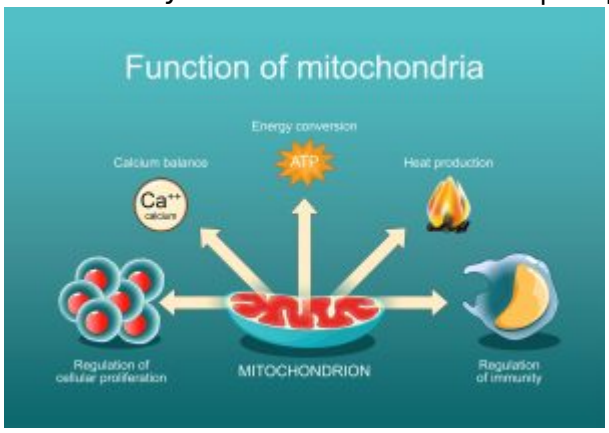
The Healing Science of Mitochondria

written by Dr. Ronald Hoffman | September 10, 2025



Your mitochondria are more than just cellular batteries. Dr. Martin Picard from Columbia University delves into the complex functions of mitochondria beyond their well-known role as cellular powerhouses. Join us as we explore the intersection between mitochondrial function, mental health, and overall well-being.