Environmental Toxins and Autoimmune Wellness with Dr. Aly Cohen

written by Dr. Ronald Hoffman | April 15, 2026

Explore groundbreaking ways to manage autoimmune conditions using integrative strategies. Integrative rheumatologist Dr. Aly Cohen reveals how the right supplement regimen and a mindful lifestyle can transform your health. Plus, discover how everyday toxins impact your health and ways to defend against them.