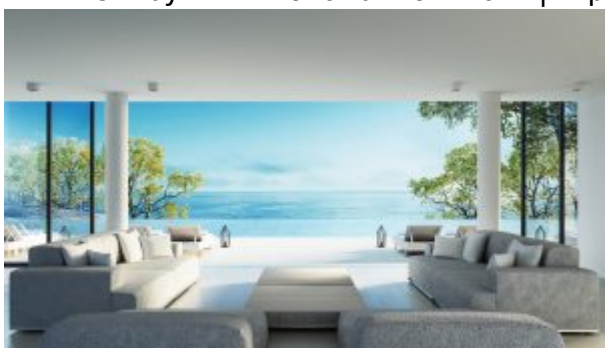
From Indoor to Outdoor: Reviving Health Through Natural Exposure

written by Dr. Ronald Hoffman | April 22, 2026



The “Indoor Epidemic.” Internist, chef, and regenerative farmer Dr. John La Puma reveals powerful insights on sunlight, nature, and their surprising impact on health. Find out how a simple walk outside could transform your wellness. Don’t miss it!