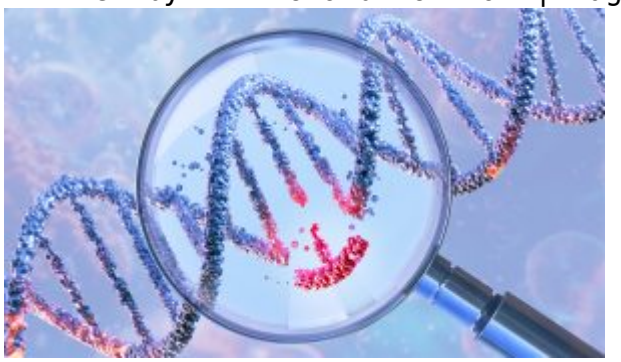
# ENCORE: Biohacking Your Genes: Navigating the Genetic Path to Wellness

written by Dr. Ronald Hoffman | August 25, 2026



Could your genes hold the secrets to optimal health? Dr. Sherrod Paul explores the revolutionary approach of biohacking your genes and the impact of personalized lifestyle changes. Check it out!