Intelligent Medicine Radio for October 31: The “10,000 Step Rule”

written by Dr. Ronald Hoffman | November 2, 2026



Bone density can be IMPROVED with the right combination of resistance and high-impact exercises; Hard-to-treat depression may stem from circadian rhythm disruptions; Creatine plus resistance exercise fends off menopause woes; The arbitrariness of the “10,000 step rule”; Exercise improves sleep—but so, too, does a healthy microbiome; And more!