

John La Puma, MD

Doctor, Author, TV host, and Chef

The Indoor Epidemic. How 93% indoor living affects sleep, focus, and longevity, and the outdoor prescription that reverses it.

Nature as Medicine. Clinical evidence for outdoor time as a health intervention.

Culinary Medicine. Food as medicine, from the doctor who started the movement.

Longevity & Healthy Aging. Practical, evidence-based strategies for a longer healthspan.