

# 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.