

Allergy Research Group Launches 'Uncharted,' a New Podcast to Navigate the Complexities of Women's Health

Hosted by Dr. Lara Zakaria, the first season brings together clinicians and researchers for practical, science-backed conversations on pressing health topics.

SALT LAKE CITY, UT, UNITED STATES, October 7, 2026 /EINPresswire.com/ -- Allergy Research Group (ARG), a leading supplement company that has been providing hypoallergenic options and practitioner education for over 45 years, today announced 'Uncharted,' a new video podcast exploring the research and questions shaping the future of women's health. Hosted by Dr. Lara Zakaria, an integrative pharmacist, nutritionist, and educator, the show features conversations with leading practitioners, researchers and health experts.



Over the course of five episodes, Dr. Lara and her guests will make complex science and research easier to understand, helping healthcare practitioners and health-conscious listeners engage in more informed conversations about women's health. Season one will dive into critical topics like thyroid health, perimenopause, and gut health, with a particular focus on the newly published Energy Allocation System, an innovative new framework for understanding how the body prioritizes finite energy across competing physiological demands.

"Women's health rarely has a one-size-fits-all answer, because hormones don't operate in isolation," said Dr. Lara Zakaria. "We created 'Uncharted' to explore the questions women are asking and connect the dots between hormones, metabolic health, nutrition and lifestyle. By bringing practitioners and researchers into the conversation, we're making the science easier to digest—supporting more informed conversations about women's health, whether you're seeking

care or providing it.”

New episodes of the ‘Uncharted’ podcast will be released weekly, beginning October 14. ‘Uncharted’ will be available on YouTube, Apple Podcasts, and Spotify.

Learn more at <https://uncharted.transistor.fm/>. For more information about Allergy Research Group or to access ARG's clinical and educational resources, visit allergyresearchgroup.com/blog.

About Allergy Research Group

Allergy Research Group (ARG) is a practitioner-founded nutritional science company dedicated to advancing the science of hypoallergenic nutritional medicine for patients with complex and sensitive health needs. For more than 45 years, the company has partnered with healthcare practitioners to develop evidence-based supplements using carefully selected ingredients, rigorous quality standards, and formulations designed for exceptional tolerability. Through scientific research, practitioner education, and continued innovation in thyroid, metabolic, and endocrine health, ARG helps practitioners deliver more personalized care for sensitive patients.

Allergy Research Group

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