# Intelligent Medicine Radio for September 27: Air Pollution Hikes Cardiometabolic Risk

written by Dr. Ronald Hoffman | September 29, 2025

## Part 1: The cause of autism—is it Tylenol?

The cause of autism revealed—is it Tylenol? Is there an ideal probiotic for Crohn's Disease? Treating constipation by modifying the microbiome with botanicals; ACTION ALERT: If Congress has its way, 95% of natural hemp products with CBD/THC may be banned by year's end! The popular diet that reverses psoriasis; A daily habit that could save you from chronic back pain.

## Part 2: Air Pollution Hikes Cardiometabolic Risk

Perfect Aminos®□ vs. protein powders—which are better to stave off frailty? Cocoa extract supplements reduce age-related inflammation, and may curb chronic diseases; Being too skinny associated with higher risk of dying; One in eight Americans have tried GLP-1 drugs—but only half stick to them after one year, citing price, side effects; The many health benefits of saunas; Air pollution hikes cardiometabolic risk—as does harmful mouth bacteria; Is the flu shot truly a "vaccine" if it's only partially effective and has to be taken every year?

# References & Resources

**One daily habit could save you from chronic back pain**
*JAMA Network Open*, 2025; 8 (6): e2515592
DOI: 10.1001/jamanetworkopen.2025.15592

**Popular diet shows benefits for Psoriasis**
*JAMA Dermatol.* Published online September 24, 2025.
doi:10.1001/jamadermatol.2025.3410

**Probiotics for Crohn’s disease**
Harvard Health Publishing

**Cocoa extract supplements reduce age-related markers of inflammation**
*Age and Ageing*, Volume 54, Issue 9, September 2025,
afaf269, https://doi.org/10.1093/ageing/afaf269

**Air pollution exposure and cardiometabolic risk**
The Lancet Diabetes & Endocrinology, Volume 12, Issue 3, March 2024, Pages 196-208

**The multifaceted benefits of passive heat therapies for extending the healthspan: A comprehensive review with a focus on Finnish sauna**
Temperature (Austin). 2024 Feb 25;11(1):27-51. doi: 10.1080/23328940.2023.2300623.

**1 in 8 Americans have already tried Ozempic and similar weight loss medications**
*RAND*, 6 Aug 2025 DOI: 10.7249/RRA4153-1

**Most quit breakthrough weight loss drug within a year**
European Association for the Study of Diabetes

**Being too thin can be deadlier than being overweight, Danish study reveals**
European Association for the Study of Diabetes

**Your own mouth bacteria could give you a heart attack, new study suggests**
Journal of the American Heart Association Volume 14, Number 16 **https://doi.org/10.1161/JAHA.125.041521**