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**