

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>

Q&A with Leyla: Hot Flashes

written by Dr. Ronald Hoffman | September 29, 2025



Q&A with Leyla, Part 1: Hot Flashes

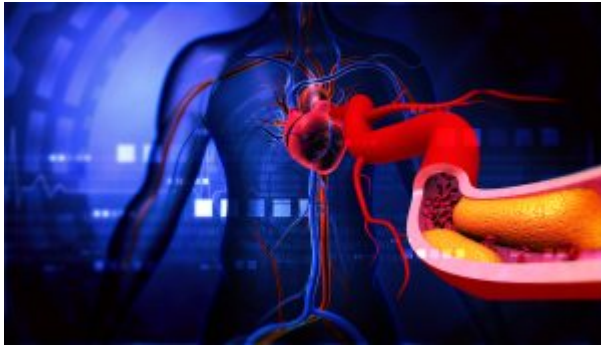
- More on lithium orotate for Alzheimer's disease
- My sister had cow valve surgery and has to take Jardiance. Are there other alternatives?
- I'm taking BHRT for hot flashes. Are there any other drugs I should consider taking?

Q&A with Leyla, Part 2: Hospital Delirium

- What can help a woman in her mid-40s with breast calcifications? Would taking supplements and enzymes help?
 - My husband suffered from hospital delirium and seven months later is still struggling
 - Is milk thistle beneficial to take?
 - I read an article that curcumin is highly toxic to the liver. What say you?
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From LDL to HDL: The Complete Guide to Cholesterol

written by Dr. Ronald Hoffman | September 29, 2025



September is Cholesterol Education Month. Jim LaValle is back with the latest research, debunking myths, and offering practical tips. Learn why cholesterol isn't the villain you think it is and how to manage it smarter.

Understanding the Biology of Trauma

written by Dr. Ronald Hoffman | September 29, 2025



Discover powerful insights into trauma and its profound effects on our health. Dr. Aimie Apigian, author of "The Biology of Trauma," details how your body's response to trauma might be affecting your health and ways to heal.

Intelligent Medicine Radio for

September 20: A New Era in Skincare

written by Dr. Ronald Hoffman | September 29, 2025



On the Radio Show: FDA announces crackdown on misleading TV drug ads; What's a "twisted colon"? A new era in skincare powered by urolithin A; Vitamin B3 vs. fatty liver; Your risk of dying from a chronic disease is reduced by modern medical advances—unless you live in the U.S.; FDA issues warning about sketchy pain supplement; Cannabis use may quadruple diabetes risk; Scientists reverse stroke damage with stem cells—in mice; And more!

Q&A with Leyla: Carpal Tunnel Syndrome

written by Dr. Ronald Hoffman | September 29, 2025



On Q&A with Leyla: We're living longer thanks to medical advances; Does cannabis use increase the risk of diabetes? Avoiding carpal tunnel syndrome surgery; AREDS for macular degeneration? Proline for ligaments? Thoughts on smart watches and EMF exposure; And more!

Understanding Interoception:

Transforming Mind-Body Health

written by Dr. Ronald Hoffman | September 29, 2025



Curious about how your internal senses affect your well-being? Expert Caroline Williams reveals the revolutionary science of interoception and how it can transform your health. It's the game-changing sense that connects your mind and body. Don't miss it!

Gut Health Innovations: Insights from Martha Carlin

written by Dr. Ronald Hoffman | September 29, 2025



What if the key to unlocking health solutions lies in our gut? Learn about cutting-edge microbiome research with Martha Carlin, CEO of the Bio Collective. Discover the potential impacts on Parkinson's, Alzheimer's, and beyond!

Intelligent Medicine Radio for September 13: Treating Chronic Nasal Infections—With Snot Transplants!

written by Dr. Ronald Hoffman | September 29, 2025



Alliance for Natural Health sues FDA to allow truthful, science-based health claims; What to do for *H. pylori*—or should it even be treated? A remarkable new functional food supplement and beverage, harnessing the unique benefits of the muscadine grape; Vegetarian complains she is prone to falling; A novel way of treating chronic nasal infections—with snot transplants! And more!

Q&A with Leyla: Are drip coffee makers made from plastic bad for your health?

written by Dr. Ronald Hoffman | September 29, 2025



ANH fighting for free speech on the true benefits of supplements; Which form of magnesium for mitral valve prolapse? Can protein powders and creatine affect urination? Are drip coffee makers made from plastic bad for your health? “I have a 50% chance of thyroid cancer based on molecular testing,

must I have it removed?" And more!