

## GLP podcast and video: PFAS bans could do more harm than good; Risks and benefits of 'magic mushrooms'; 'Ultra-processed' foods are nutritious

**T**here are growing calls to ban PFAS chemicals to protect public health. The problem is, these substances are used in a wide range of life-saving products and there's little evidence they pose a threat. Demand for "magic mushrooms" is booming in the US. These popular drugs may have some important medicinal uses, though experts remain divided over their benefits. We routinely hear that "ultra-processed" food is unhealthy. Is there strong evidence to support this claim?

### Podcast:

### Video:

Join hosts Dr. Liza Dunn and GLP contributor Cameron English on episode 230 of **Science Facts and Fallacies** as they break down these latest news stories:

- [Viewpoint: Why proposed PFAS chemical bans might do more harm than good](#)

PFAS are used to manufacture a wide range of vitally important products, everything from cars to consumer electronics and medical devices. Federal regulators have consistently found that these substances pose minimal risk to human health when used as intended. Nevertheless, one manufacturer of PFAS-containing products just settled a series of lawsuits for \$10.3 billion. The settlement raises well-worn concerns that baseless litigation could discourage companies from producing useful products for fear of costly court battles, leaving the public with less access to important, and sometimes life-saving, products like firefighting foams.

- [Mushroom hallucinogen sales booming despite reports of serious side effects](#)

Advocates of hallucinogenic mushrooms have long argued that these fungi confer a wide variety of health benefits. Anecdotal evidence suggests that certain chemicals in some mushrooms could treat anxiety, depression and other mental health conditions. However, there have been cases of people experiencing serious side effects, raising concerns among some experts that we simply don't know enough about mushrooms to recommend their use. Is there a way to reasonably regulate these drugs without prohibiting their use?

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- [What makes 'ultra-processed food' so unhealthy?](#)

So-called "ultra-processed foods," broadly comprising the packaged foods that have become staples in the American diet, are thought to be major contributors to growing obesity rates and serious conditions

like type 2 diabetes and heart disease. But the story might not be that simple. Research [actually shows](#) that diets high in ultra-processed foods can be quite nutritious. Is it time to abandon our knee-jerk opposition to food processing?

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