

CHAPTER 8—Dr. Chas E. Myers' Weekly Videos **Index: Recent Snuffy Videos....26jul12**

Access To Videos: Google "Prostate Forum Myers". Click "Ask Dr. Myers Blog". First time: Register for Free Videos to your Inbox. Note the button at bottom left for "Older Entries" when you reach the bottom of the current roster; repeat for each roster.

PSA Screening & Advanced PCa

Posted July 26, 2012

20-25,000 are metastatic high risk when pain brings them to doctor. Past the point-of-no-return. The jerks on the Task Force are responsible for needless deaths. Blatant disregard for published randomized trials.

Salt, Diet & PCa?

Posted July 18, 2012

Our bodies demand a certain portion of salt daily: 2.7-2.8 grams of sodium. The clinicals confirm this healthy level. Restricting below this level can be harmful. There is a small hypertensive subset of the population which requires additional medicine to control the effects on normal salt levels. Government edicts for low salt will be as successful as Prohibition.

Exercise & Diet for PCa

Posted July 11, 2012

Optimum health cannot be attained without exercise combined with diet and life style changes. The "best value" of exercise time commitment is intervals of intense exercise (emphasis on intervals). Commented on sheep herding forebears, and their

long walks to their work. This led to a strong ratio of old age men vs women, unlike the culture today.

Paleolithic Diet & PCa

Posted July 4, 2012

Continues the theme of his new book on diet. If our forebears were hunter-gatherers, theirs was a typical paleolithic red meat diet. Red meat is not healthy long term. The protein ratio needs increasing. The new book contains creative recipes to do so.