

## **CHAPTER 8—Dr. Chas E. Myers' Weekly Videos**

### **Index: Recent Snuffy Video....27mar13**

**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.

### **New Drugs Confusing Your Doctor?**

Posted March 27, 2013

The flood of new agents requires "out of the box" oncologic thinking, not typically found in community hospitals. Establish a relationship with a university oncology group.

### **Mediterranean Diet: The Larger Picture**

Posted March 13, 2013

There is no other diet as thoroughly supported by clinical trials. Dean Ornish's low fat diet is more religion than science. Check Wikipedia. Olive oil and nuts do not cause weight gain and are the basis of a diabetes-healthy, heart-healthy balanced diet. Getting fat is from carbs converted to sugar. Anecdotally, he sees vegan dieters aging faster.