

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

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Prescription Omega 3 Fatty Acids?

Posted July 31, 2013

Recent Fish Oil paper breached ethics by not citing available Rx (LOVAZA, 2004; VASCEPA, 2012) for safe fish oil FA and beneficial triglyceride effects. LOVAZA dramatically drops triglycerides but increases LDL. VASCEPA lowers triglycerides and LDL. And they do not increase PCa risk.

Omega 3s + PCa

Posted July 24, 2013

Debunks the recent Omega 3 Fish Oil population study. For example, compared to Japanese women, American women have a low level of omega 3, where small changes in risk are trumpeted as grand truths. Worse, the Japanese were not included. Omega 3 needs a randomized control trial for believable guidance. This interpretation misrepresents the facts in the context of previous trials