

DHEA

The Anti-Stress and Anti-Aging Super-Hormone



Get The Best DHEA:

- Derived from natural wild yam
Not synthetic sources
- Meticulously laboratory processed
NOT solvent-extracted using benzene
- Sufficient amount per capsule for best effect
Look for 25 mg. per capsule, NOT only 5 or 10 mg.
- 100% pure DHEA powder in capsules
Avoid tablets and their unlisted toxic glues and binders.

DHEA: The Anti-Stress and Anti-Aging Super-Hormone

Here's what the research shows about this amazing super-hormone:

- Immune system enhancement
- Anti-diabetic action
- Anti-cancer effects
- Anti-atherosclerotic help
- Anti-depression effects
- Memory and thought enhancement
- Extended life span

The Fountain Of Youth

DHEA (dehydroepiandrosterone), a natural hormone secreted by the adrenal glands, is being touted as the fabled "fountain of youth." Over 2,500 published research papers document the healthful benefits of DHEA. A recent report concluded that DHEA "will improve the quality of life over a longer period and will postpone some of the unpleasant effects of aging, such as fatigue and muscle weakness." The report also found that those who took DHEA supplements slept better, had more energy, and were better equipped to handle stress compared to non-DHEA users.

Linked To Youthful Resilience

DHEA is one of the body's key hormones which helps to intercoordinate the complex endocrine system. DHEA appears to be linked to the healthful resilience of youth. By age 21, the adrenal glands produce abundant levels of DHEA: these levels peak around age 25 to 28. By age 40, DHEA levels are half of what they were at age 21. DHEA levels continue to decline steadily; by age 70, DHEA levels are 10% to 15% of the peak levels. Elderly people sometimes have virtually no DHEA. Extremely low DHEA levels are commonly seen in those with chronic disease regardless of age.

What Conditions Can DHEA Help?

Clinical studies show that DHEA has a positive, symptom-relieving, life-enhancing effect against many degenerative conditions such as:

- Insomnia
- Cardiovascular Disease
- Alzheimer's Disease
- A.I.D.S.
- Depression
- Viral infections
- Lupus (S.L.E)
- Obesity
- Cancer
- Bacterial infections
- High cholesterol
- Osteoporosis
- Chronic fatigue (CFIDS)
- Parkinson's Disease
- Low blood pressure
- High blood sugar
- Diabetes
- Atherosclerosis
- Mental lethargy

DHEA: The Anti-Aging Super Hormone

- DHEA rapidly declines as we grow older.
- High levels of DHEA are linked to a healthy, youthful body.
- Low levels of DHEA are linked to chronic disease and high stress burn-out.
- Oral DHEA can replace lost DHEA for dramatic health improvements.

Adrenal Exhaustion

Daily stress is now a fact of life. Unrelenting levels of multiple stressors, such as physical, environmental, mental, or emotional factors, cause the adrenal glands to produce an abundance of chemicals, called glucocorticoids (our "fight or flight" hormones), which are harmful when elevated for long periods of time. When first subjected to stress, the adrenals produce these chemicals in excess (to help quickly alleviate the stressful situation). But as the stress continues, the exhausted adrenals cannot continue to hypersecrete, going into a state of insufficiency and eventually progressing to adrenal failure or "adrenal burn-out."

DHEA: The Anti-Stress Hormone

In the initial stages of adrenal dysregulation, one may experience highly varied symptoms such as: food sensitivities, insomnia, immune deficiencies, debilitating fatigue, depression, PMS, menopause symptoms, blood sugar regulation problems (such as diabetes or hypoglycemia), and behavior disorders (such as hyperactivity or Attention Deficit Disorder). The later stages of "adrenal burn-out" lead to chronic degenerative diseases. Adrenal dysregulation is at the core of many of these diseases. One of DHEA's greatest contributions appears to be its ability to alleviate stress and the ravages of excess glucocorticoids produced by continually flogged adrenals.

Reversing Thymus Shrinkage

The thymus gland, an integral part of the immune system, can atrophy (shrink) rapidly from chronic disease or injury. Stress, which causes excessive adrenal output of glucocorticoids, can cause this thymus shrinkage, impairing critical T-cell function. For example, dramatic T-cell depletion can move an HIV-infected person into full-blown AIDS. DHEA has been shown to stimulate the production of IGF (Insulin-like Growth Factor) which reverses thymus shrinkage. If the thymus's output of critical CD-4 cells is sustained, certain diseases may be stopped from worsening. For example, HIV may be inhibited from progressing to AIDS.

Arthritis and Lupus

Cytokines, also produced in the thymus, are a class of immune factors that helps to modulate the immune response. A group of cytokines, called interleukins (IL), are deficient in people with systemic lupus erythematosus (SLE). DHEA has been shown to stimulate production of these immune factors. DHEA also appears to protect the kidneys from hemolytic anemia and SLE-triggered kidney destruction.

DHEA levels are reported to be low in those suffering from rheumatoid arthritis, and go even lower with corticosteroid treatment. By raising DHEA levels (through supplementation), the thymus's immune factors, CD-4, CD-8, IL-2, and IL-4, are improved. These thymic factors are related to the body's ability to fight autoimmune diseases.

Cancer

Current cancer risk statistics are shocking. Estimates are that one in three Americans will develop cancer (American Cancer Society, 1993). According to the National Academy of Sciences, 60% of all cancers in women and 40% of all cancers in men are related to dietary and nutritional factors. Studies show a connection between low DHEA levels and the onset of many types of cancer, including kidney, bladder, liver, and stomach cancers.

DHEA has been shown to inhibit tumor development by blocking particular metabolic links associated with cancer tumor growth. For example, DHEA can block the enzyme, G₆PD (glucose-6-phosphate dehydrogenase), which supplies glucose via the pentose shunt pathway associated with abnormal cell proliferation and cancerous tumors. High levels of G₆PD are found in many cancer tumors. Studies show that DHEA inhibits protein synthesis and enzyme production associated with cancer. DHEA's demonstrated role in inhibiting cancer tumor growth is exciting news.

Breast Cancer

A long-term British study of 5,000 women between the ages of 30 to 59, showed that of those who had serum DHEA levels 90% or more below normal for a period of 10 years or more, ALL developed and eventually died of breast cancer. (Bulbrook et. al., 1971). To demonstrate the protective effects of DHEA against cancer, one researcher placed cells with abnormal breakage of chromosomes (that typically leads to cancer) in a medium containing DHEA. With the DHEA boost, none of the cells transformed into cancer.

Studies show that low DHEA levels in premenopausal women are linked to breast cancer. In contrast, some postmenopausal women have high DHEA levels which are also linked to cancer. Researchers believe that these women may not truly have high DHEA levels, but an abnormal buildup of DHEA in their blood because they cannot convert DHEA into other hormones due to failure of their enzyme conversion systems. These women may be at a crossroads in life with a wholesale depletion of both their hormone systems as well as enzyme systems.

Instead of avoiding DHEA supplementation, their best choice may be to begin rebuilding their hormonal efficiency using 1) natural DHEA and its synergists which help convert DHEA into its downstream metabolites, including vitamins A, B, C, E, zinc, cysteine as well as re-establishing the body's alkaline pH balance using ionized coral minerals (which contain high amounts of calcium and magnesium); 2) natural pregnenolone, a master hormone precursor to all downstream hormones and 3) natural progesterone cream from activated wild yam, a topical cream which helps rebalance a worn-out hormone system.

Recommended Adult Use

For Men: 50 to 100 mg. per day. For Women: 25 to 50 mg. per day. Avoid DHEA supplements which are synthetically made or which contain solvent residues or other impurities (will not be indicated on the label).

Warning: Some researchers have reported occasional side effects such as rashes in DHEA users. This may be a reaction to residues from toxic solvents used to process the DHEA. We have found no side effects when solvent-free DHEA was taken. Unfortunately, most DHEA supplements on the market are solvent-extracted (a cheaper but toxic method of processing). Reading the label will not tell you if the product is solvent-free. Check with the manufacturer directly to get a guarantee that the product contains solvent-free DHEA.

Ley, B., *DHEA: Unlocking the Secrets of the Fountain of Youth*, BL Publication, Newport Beach, CA., 1996.

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