

DHEA

NATURE'S LINK BETWEEN YOUTH AND AGING

DHEA, an acronym for dehydroepiandrosterone, is the most abundant hormone produced by the adrenal glands of the body, known as the "mother hormone". DHEA acts as precursor or pre-hormone (a hormone that breaks down into other hormones) producing estrogens and testosterone. Little is know of it's complexity within the body.

What is definitely known about DHEA:

- Produced only by primates and humans.
- The most dominant steroid in the human plasma.
- It is metabolized in the adrenal cortex found most abundantly in the brain and the skin.
- Heredity is a factor in the ranges of an individual's DHEA production.
- DHEA is the major adrenal androgen precursor, whose principal action include androgenic and anabolic functions. This adrenal-produced male sex hormone is an essential component of libido (sex drive) in females.
- A fetus begins manufacturing DHEA in the second trimester which stimulates the placenta to produce estrogen and progesterone. At birth production stops, to slowly resume again at age 7-8, for puberty. Levels continue to rise till about 25-28 then steadily declines, at 70 only about 10% of peak levels remain.
- Man's average production is approximately 30 mg. per day, twice the amount of a woman's production. Since DHEA is found synthesized in the skin and women produce less, this may account for why a man's skin generally tends to wrinkle and age less quickly than a woman's.

Many degenerative conditions are associated with lower than average levels. These conditions include "Cardiovascular Disease, High Cholesterol Disease, Diabetes, Obesity, Cancer, Alzheimer's Disease, other Memory Disturbances, Immune System Disorders including AIDS, and Chronic Fatigue, Multiple Sclerosis, Rheumatoid Arthritis, Lupus Erythematosus, Hair Loss in Women, PMS, Allergic Sensitivity (moderate to severe), Reduced Tissue Strength and Repair."

Over 40,000 scientific studies indicate that higher levels of DHEA provide major health benefits, currently there appears to be no threat of DHEA dependency. Under no circumstances should DHEA be given to a young person, unless a particular health condition warrant testing for levels, as in the case of AIDS.

DHEA should be taken in the morning because of your natural diurnal rhythms.