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The DHEA Breakthrough

Stephen Cherniske

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The superhormone revolution has begun and DHEA is the newest substance making headlines as a powerful ally in the fight against aging. But even as huge supplies of DHEA flood health food stores and Americans embrace this superhormone as casually as vitamin supplements, what is the truth about DHEA? Who are the best candidates for DHEA therapy? And how can you harness the incredible anti-aging powers of DHEA to live a longer, healthier life? Biochemist Stephen Cherniske has been monitoring the worldwide explosion in research on this wonder substance for more than a decade, and he, like many other doctors and researchers, has been taking it himself. In THE DHEA BREAKTHROUGH, he give you all the information you need to take advantage of and maximize the extraordinary properties of this superhormone. DHEA is the body's master hormone, produced by the adrenal glands and then metabolized to a number of other hormones, most notably testosterone and estrogen, the sex hormones. Cherniske explains the startling fact that led to the discoveries about DHEA: its production peaks at age twenty-five, then starts to decrease dramatically. In fact, by the age of eighty, blood levels of DHEA typically drop 95 percent from their prime peak. By maintaining DHEA at optimal levels, you can short-circuit your aging clock so that your cells believe that you are still in your twenties. But studies show that just taking a dose of DHEA every day does not produce the fantastic burst of energy, vitality, and youthfulness that comes from a comprehensive stress management, exercise, and nutrition program. The DHEA BREAKTHROUGH contains the DHEA Plan, including a diet designed for our "Paleolithic" bodies, bioenergetics nutritional supplements, stress reduction techniques, and an exercise program that takes advantage of DHEA's role in erasing you into the next level of performance--whether you're sedentary, a regular exerciser, or anywhere in between.

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