

DHEA

DHEA Description:

DHEA (or Dehydroepiandrosterone) is a natural sterone produced by the adrenal gland and is in fact a metabolite of cholesterol. DHEA is the most common sterone in human blood. But amounts decline rapidly with age. Amounts are highest during the our early twenties and begin to decline at around age 25, by the time we reach 70 years of age, DHEA production is only a small fraction of what it was 50 years earlier. [Click here](#) to see a figure depicting the decline of DHEA with advancing age. Research has shown a correlation between low DHEA levels and a declining immune system, and DHEA is being used in the fight against HIV, cancer and senile dementia. It is also been clinically shown that DHEA helps brain neurons establish contact. It is known that Alzheimer patients have low DHEA levels when compared to their healthy counterparts. It is also known that a small amount of sulphate DHEA and micronized DHEA is converted into testosterone. But DHEA's most over-looked but vital role may be its relationship with cortisol. Research is indicating that DHEA is the counter-balance to cortisol, e.g. when DHEA is low cortisol levels are high and vice-versa. Cortisol is one of the few hormones that increases with age, it is known to induce stress and when allowed to circulate at high levels for long periods may affect many bodily functions, including insulin resistance and damage to the endocrine system via damage to the hypothalamus. Maintaining healthy levels of DHEA for aging and stressed individuals may be most important, because of DHEA's ability to help lower cortisol levels. The average pulsate production of DHEA from healthy adrenal glands is approximately 25mg per day, less for some women and more for some men. It is likely that many of the dosages of DHEA being used today (50-100mg daily) are too great for long-term continuous use, and although there is no-known down-regulation (a situation whereby the adrenal glands would slow or stop their own manufacture of DHEA in response to the continuous high levels caused by long-term DHEA supplementation), it is always advisable to stop DHEA use for periods of time on a regular basis, to prevent this possibility (or better still have the DHEA levels monitored). An answer may be to use only low doses of DHEA on a regular basis. Liquid micronized DHEA is probably only required for normal aging individuals at a dosage of 1 to 10 drops daily (average of 3-5 daily). Each drop being 4mg sublingual micronized DHEA, and because of the improved absorption properties of sublingual administration each drop could be equivalent to about double or quadruple the same amount of capsule DHEA. Liquid sublingual micronized DHEA may be more ideal in the administration of small doses of DHEA over long periods. The taste of this sublingual DHEA is a bit unpleasant, so have a drink standing by! (Please also note that it is dissolved in alcohol so those allergic or wishing to avoid alcohol be advised). We are now also offering 7-keto DHEA and 7-keto DHEA can be viewed as the final metabolite of DHEA breakdown and may be more "responsible" for DHEA's immune enhancing effects. 7-keto DHEA is also known NOT to convert to androgens (and hence NOT to testosterone or estrogen also) and may be more suitable for those wishing to avoid that effect. This may be particularly beneficial for women, (especially those in the menopause) who often complain of "testosterone side-effects" such as facial hair and acne when using "other" forms of DHEA. 7-keto DHEA as a final metabolite is believed to be two and a half times more

potent mg per mg than other forms of DHEA. Doses of 7-keto DHEA are 25mg to 50mg daily with occasional breaks. DHEA should NOT be used by persons who suffer from, have suffered from or may be suffering prostate or testicular conditions including cancer. Caution; Certain countries including Australia, Canada and Norway have classified DHEA as a controlled substance. Although it appears that Australia and Canada have accepted that 7-keto does not convert to testosterone and therefore have declassified it. Because DHEA could convert to testosterone, and because testosterone can convert to the estrogen estradiol, we recommend the use of DIM with regular DHEA use. DHEA and cortisol levels can now be monitored using the hormone-saliva test kit.

"7-keto DHEA is the form I've been waiting for it doesn't disagree with me as the other forms I've tried appear to." M.A.P., Maine "Congratulations! At last a company with sensible dosages of DHEA for the aging individual." P.K., Hong Kong

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