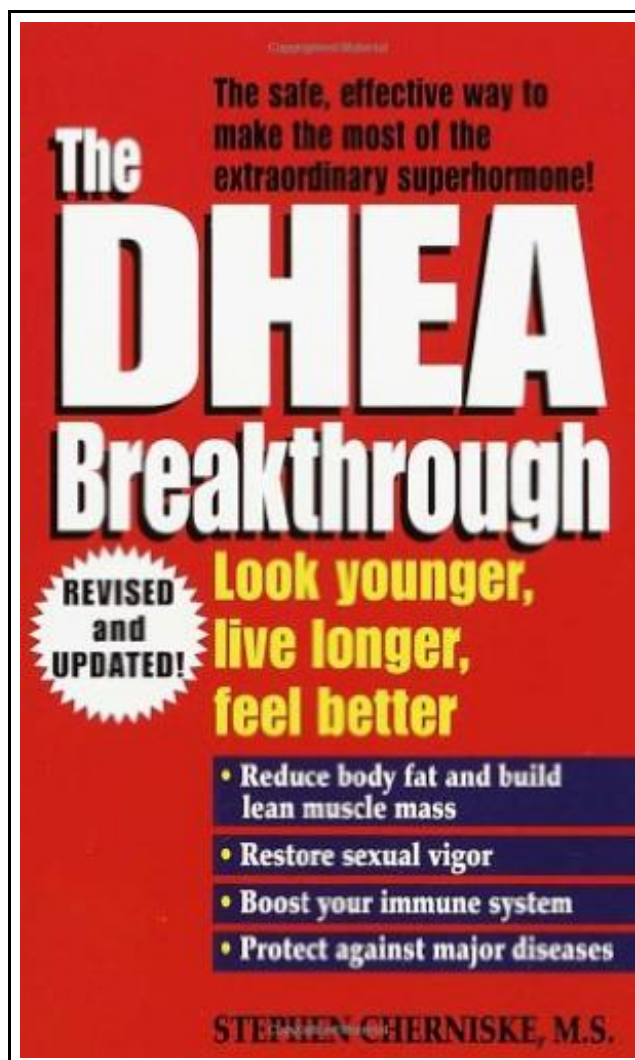


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Random House USA Inc, United States, 1998. Paperback. Book Condition: New. Revised edition. 170 x 104 mm. Language: English . Brand New Book. The superhormone revolution has begun and DHEA is the newest substance making headlines as a powerful ally 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 at the center of 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 gives you all the information you need to take advantage of and maximize the extraordinary properties of this superhormone--safely and effectively. DHEA is the body's own watchdog 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 have dropped 95 percent from their prime peak. By supplementing DHEA and maintaining it at optimal levels, you can short-circuit your aging clock so that your cells believe that you are still in your twenties. Now there is a way to rebuild and maintain optimal levels of DHEA, and the benefits can be enormous. DHEA has been shown to prevent the atherosclerosis that can lead to heart attacks and strokes; to build muscle mass while reducing body...

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