



Women's Health Library

DHEA The Super Hormone



Dr. Patricia Beckstead
Founder

Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

These supplements may be
purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

DHEA (dehydroepiandrosterone) is generally known as the mother of all hormones. It is mostly produced by the adrenal glands which sit on top of the kidneys. DHEA is an amazing steroid; it has the capacity to become any number of other intermediates and full fledged hormones that the body needs whether you are male or female. DHEA rules many of the other organ systems in the body through its hormonal production, and has protective capabilities.

It is the most abundant hormone in humans and other mammals, and it plays a critical role in many different bodily functions. In fact, decrease in DHEA levels is being increasingly used as an indicator of reduced immune response, loss of libido and lack of a sense of general wellbeing.

Clinical studies over the past ten years show that DHEA may be the most critical single chemical in predicting health and disease.

DHEA levels in the body begin to decrease after age 30. Reduced levels of DHEA mean reduced amounts of steroid hormone metabolites and as a result, DHEA deficiency is associated with an array of chronic conditions, such as obesity, diabetes, high blood pressure, coronary artery disease, and various immune deficiencies, including autoimmune diseases.

Dr. William Regelson of Medical College of Virginia in his book *The Super Hormone Promise* calls DHEA "the superstar of hormones" and "one of the most powerful tools" available for enhancing and extending life.

Clinical results show that oral supplementation with products like our [DHEA 50 mg](#) can have numerous beneficial effects including:

- Feelings of energy and wellbeing.
- Improved insulin sensitivity and glucose tolerance.
- Reduced risk of coronary artery diseases.
- Lower obesity/waist-to-hip ratio.
- Enhanced libido.
- Reduced depression and increases cognitive ability.

DHEA can cause higher than normal levels of androgens and estrogens in the body, and theoretically may increase the risk of prostate, breast, ovarian, and other hormone-sensitive cancers. Therefore, it is highly recommended that you balance your hormones by using progesterone cream. If you have any concerns or are uncertain about using DHEA discuss it with your medical physician or your healthcare provider.