# Dhea The Youth And Health Hormone

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DHEA is a major marker for age and health. Its major effect in a coping person is antistress, meaning that the increased cortisone produced by stress is subsequently normally brought back down to baseline by a rise in DHEA. DHEA similarly has anti-diabetic action, as cortisol raises blood sugar and either spares or enhances effects of insulin.

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#### Enthusiast

5.0 out of 5 stars DHEA The Youth and Health Hormone. Reviewed in the United States on 6 September 2012. Verified Purchase. Delivery from Amazon was as usual: very fast, the best in the world. About the book: very informative. I have not used DHEA but I can see that it is a powerful hormone and should be used with caution, following the advice ...

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In general, DHEA levels begin to rise in Page 6/18

adolescence and reach their peak at about 25 years of age. After age 30 DHEA levels begin to fall, so that by the mid 70's levels may be 10% of the optimal level. BUT, healthy, happy, active seniors maintain a healthy level of DHEA. The normal activities, which ensure optimal levels of DHEA, are:

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It's been called a magic "youth pill." The buzz was—and many Internet sites still claim—that the hormone dehydroepiandrosterone (DHEA) can turn back the clock and help people live longer, healthier lives. Others take DHEA in hopes that it will help them Page 10/18

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By supporting the health of epithelial cells, Page 12/18

DHEA decreases levels of this protein and helps ensure tiny blood clots get dissolved before they can cause thrombosis, heart attacks, or strokes. Blood glucose levels: DHEA does not affect insulin levels, but it does make insulin more effective by increasing cells' sensitivity to it.

#### DHEA and Your Heart - Renew Youth

sometimes called the youth hormone dhea is the most abundant hormone precursor in the human body and a source of the sex hormones salivary cortisol testosterone and dhea in healthy dhea is described as the elixir of Page 13/18

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