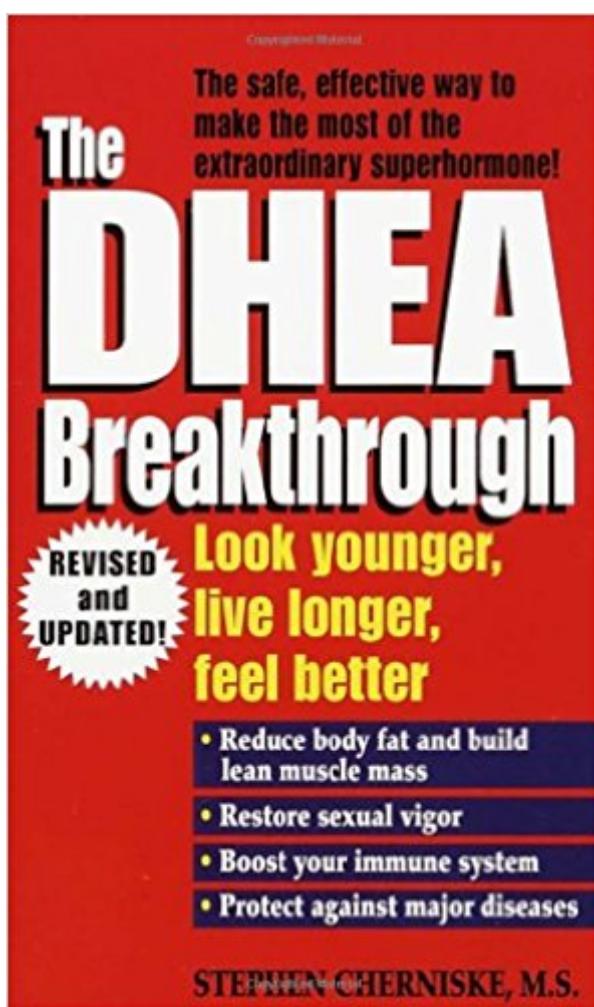


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# The DHEA Breakthrough: Look Younger, Live Longer, Feel Better



## Synopsis

DO YOU WANT . . . The high energy you enjoyed in your twenties and thirties?Protection against cancer, heart disease, diabetes, and osteoporosis?Renewed sexual appetite and vigor?To beat depression, boost your memory, and handle stress?To lose body fat while building up your lean muscle mass?DHEA can do all this and more! In *The DHEA Breakthrough*, biochemist Stephen Cherniske gives you all the information you need to take advantage of and maximize the extraordinary properties of this superhormone--safely and effectively. The *DHEA Breakthrough* contains the easy-to-implement DHEA Plan, including a diet designed for our "paleolithic" bodies, stress reduction techniques, and an exercise program that eases you into the next level of performance, no matter where you are now. With this comprehensive, accessible book, you can look forward to a longer, more satisfying, more healthful life!"I've used DHEA in my practice for five years and seen how it can help restore physiologic balance. That's close to a modern day miracle, and this book describes the breakthrough perfectly."--Jesse Hanley, M.D., Medical Director, Malibu Health and RehabilitationFrom the Trade Paperback edition.

## Book Information

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## Customer Reviews

Touted as the fountain of youth in pill form, DHEA, or dehydroepiandrosterone, is a hormone naturally produced by the body. The young body, that is; by age 85, you produce 95 percent less DHEA than at age 25. Stephen Cherniske, a biochemist who has tracked the research on DHEA for years, has compiled a handy reference to help sort out the hype from this hormone's reported helpfulness for boosting libido and immune function, improving bone density, aiding weight loss,

relieving depression and atherosclerosis, and even reducing the size of tumors. DHEA is inexpensive and readily available in health food stores or through the Web; that's about where the simplicity wears off. It's not regulated by the FDA, so recommended doses vary widely, from 10 to 50 milligrams or more a day. It's also available in both natural and chemical forms, and, unfortunately, sometimes in combination with potentially dangerous stimulants such as ephedra, an herb that has been shown to cause insomnia and an irregular heartbeat. Cherniske gives suggestions for which type of DHEA to buy and in what doses, depending on such things as your age and activity level, as well as recommended sources. He also provides a "longevity program" with suggested co-supplements, such as ginseng and vitamin B6, along with exercises suited to even the completely out-of-shape, to optimize the effectiveness of the DHEA. There's also information about the ins and outs of DHEA testing and how to analyze your results (Cherniske reminds us that "normal" often tells us nothing), and potential side effects for both women and men. Overall, Cherniske does an excellent job of separating fact from fiction about this controversial but quite extraordinary supplement.

Stephen Cherniske is one of this country's premier researchers in DHEA. He was studying and testing DHEA years before most of the currently touted "experts." Additionally, he is living and breathing proof that a sensible, tailored lifeplan -- including DHEA -- can make an amazing contribution to health, outlook, and appearance. Reading DHEA BREAKTHROUGH is like being in the same room and having a conversation with Stephen: his voice, energy, charm, and recommendations are immediate and tangible. *Cathy Repetti* Associate Publisher

Has a great deal of information on the Benefits of DHEA and the role it can play. A lot of great benefits if you can find a Dr to supervise the use. Unfortunately, they're hard to come by because there's so much help we can get from using the more Natural elements our body needs rather than all the meds out today that just treat the symptom, not the real problems. We need more Drs in this field. It would be so much better than all the drugs they give us with all the side effects and new conditions they cause. I'd recommend this to anyone who would prefer to know about something our body naturally produces and the effects of it's decline in age, as well as the benefit of a Dr prescribed regimen to add it back!

This is an outstanding book. Everyone should read it to learn how to protect their good health before a problem occurs. When read along with his later book of The Metabolic Plan one can understand

what's happening in the body as one ages and take steps earlier in life to correct or help a downward spiral in health.

Amazing book - there's so much information about our body and how it works - the relationship to aging and the body's production of DHEA - If you want to know about healthy aging, read this book. Having taken DHEA for 5+ years, I can say it truly is life-changing.

Cherniske obviously knows his stuff, and he writes clearly. Many references allow documenting everything he says, and the specific recommendations can prepare readers for productive discussions with their healthcare providers.

Great read!

Information was outdated and old.

"What DHEA provides is the missing link in your longevity program. It gives you a better-than-fighting chance against the diseases that cause more than 75 percent of premature deaths." ~ pg. 8 If you are over 40, you may want to consider DHEA supplementation. I'm personally taking Enzymatic Therapy's 7-KETO DHEA, "an improved metabolite of DHEA that does not convert into testosterone or estrogen." This book mainly deals with regular DHEA which may have side effects as mentioned in this book. I have a friend who has taken both regular and 7-Keto and also recommends 7-Keto. He had anger problems with the regular DHEA but no problems with the 7-Keto version. "DHEA appears to be the master switch that turns on an entire cascade of antiaging benefits throughout the body." ~ pg. 51 In "The DHEA Breakthrough," Stephen Cherniske explains why you will age slower and thrive well into old age if you take DHEA. He takes a look at studies on animals and humans and comes up with some very positive results. One of the most important findings was that DHEA inhibits an enzyme required for cancer growth. DHEA also prevents and reverses the atrophy and shrinking of the thymus gland. Stephen Cherniske presents the evidence so you can decide for yourself if this is something you want to take. He also answers the following questions: Why are couch potatoes an endangered species? Will DHEA supplementation help me lose weight? Is osteoporosis really a calcium deficiency? How can DHEA improve bone density? "Low DHEA levels are linked to a number of killer diseases." ~ pg. 247 One of the things that is not really discussed very much in this book is how DHEA can make you a little hungrier. I found this to be the

case so I'm considering taking Garcinia Plus (Garcinia Cambogia Extract) 120 tabs from Source Naturals to reduce hunger. Since Stephen Cherniske takes a very balanced approach in this book, he also discusses why taking DHEA will not solve all your problems if you are extremely stressed out and not exercising. He provides a short section on exercise (walking and weight lifting) and stress-reducing activities like yoga. Stephen Cherniske's books are life changing and this one is no exception. I can also recommend The Metabolic Plan: Stay Younger Longer and Caffeine Blues: Wake Up to the Hidden Dangers of America's #1 Drug. I have followed his advice and now exercise on a regular basis and avoid caffeine. I feel great, perhaps 10 years younger than I did when I turned 40. One thing I've noticed is that I'm especially alert and when I wake up in the morning I'm no longer groggy. Please consult with your physician before taking DHEA because there are some people who should not take this supplement. ~The Rebecca Review

Another great read, but a little more technical with the science...

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