DHEA, What is it?
Dehydroepiandrosterone (DHEA) is a hormone produced primarily in the adrenal glands. It is found in both men and women. DHEA is the most abundant steroid hormone in the human body and is a major precursor to other hormones. It appears beneficial for general health and well being in both sexes. As people age, all hormone levels decline by as much as eighty percent by the age of 75. This decline is one of the most consistent and predictable changes in aging adults. The blood levels of DHEA found in advanced age individuals strongly correlates with a myriad of health conditions and illnesses. For example, reduced levels can be a predictor of death by cardiovascular disease.

What about the use of DHEA in women?
Manufacturers often hype DHEA as a magic cure-all for many diseases and conditions: muscle loss, weight loss, osteoporosis, depression and menopause. Labeling the products as a “fountain of youth” and other outrageous claims, continues to conceal the very real benefits that DHEA can have, especially for women. The truth is, for the woman who needs DHEA supplements, it can have profound results on her body. DHEA is a critical component in jumpstarting a woman’s hormone balance. Research evidence shows that an adequate blood level of DHEA is needed to insure the woman’s body can produce the hormones it needs, when it needs them. During a hormonal balanced state, a woman can experience mood stability, feel clear headed, joyful and vigorous. When DHEA blood levels are low, the body does not have enough working material for proper endocrinology functions. Low hormone production at this time, makes the woman have a feeling of malaise, along with other symptoms of hormonal imbalances. There is a growing amount of evidence that healthy blood levels of DHEA may help stave off Alzheimer’s disease, cancer, osteoporosis, depression, heart disease and obesity, but there is still no clear-cut consensus.

The effect of DHEA production.
A woman’s lifestyle, diet and stress levels all contribute to the amount of DHEA the female body can produce in a given period of time. The adrenal glands, work tirelessly to meet the demands of daily life. These demands lead the adrenal glands to be “tapped out”. They simply can’t manufacture enough DHEA to support a healthy hormonal balance. The end results leave the woman overwhelmed and often depressed-spiraling downward into adrenal imbalance and eventually exhaustion. Other possible side effects include: decreased muscle mass, decreased bone density, aching joints, loss of libido and low immunity.

Should I take it?
However, it must be emphasized that DHEA is just one step along the metabolic hormonal pathway. But, simply adding DHEA to hormone replacement therapy is not the full answer, despite what some popular web sites claim. How it is converted is unique to an individual’s biochemistry. Some women’s bodies may use it to make added estrogen, others may make added testosterone. Since “one size does not fit all” simply adding DHEA without testing the levels of the other hormones, found in the female body is not an option for proper hormonal balance. Because, having too much DHEA, or converting DHEA into too much of one hormone and not enough of another, can be as upsetting to the body as not having enough of either hormone.

The delicate balance.
After menopause (whether though aging or a hysterectomy), the adrenal glands become the main hormone factory. It has been observed in women whose levels of DHEA have converted into testosterone, that the testosterone outweighs that would have been normally converted into estrogen & progesterone. This can cause bouts of irritability and unusual body hair growth, especially when DHEA supplements are given without prior and follow-up testing of total and “free” testosterone levels. However, it is not uncommon for menopausal women to convert most of their DHEA into estrogen. In this case, DHEA supplements create a different kind of estrogen-progesterone imbalance with symptoms similar to PMS, including breast tenderness and mood springs, finally yielding estrogen domination.
Signs of elevated DHEA hormone levels.

DHEA is a major reflector of overall health and stress reserves. Raising the DHEA level results in a remarkable increase in perceived physical and psychological well being for women. Despite its many benefits, such as fat and mineral metabolism, more energy, deeper sleep, improved mood, more relaxed feelings, elevated DHEA levels are not without side effects. Signs and symptoms of excessive DHEA include weight gain, irritability, acne, high blood pressure, heart palpitations, hair loss, higher testosterone and estrogen levels through hormone conversion, and reduced muscle and bone mass.

Relief is just a swallow away, right or wrong?

The purchase of DHEA over the counter can be a daunting task because of the confusing variety of dosages and claims. Most of these products are geared toward men but many manufacturers are now making hyped claims for women, also. They suggest that libido will be increased, weight will be lost, depression will be lifted and that women will get back the same stamina that they had as a 20 year old. Wow! Wouldn’t it be great for the menopausal woman to feel 20 again? But, that is not what nature intended and over the counter DHEA should be approached with due diligence and skepticism. Keep in mind, there are few regulations and personnel in place to police the many manufactures and their products. It is important to select only pharmaceutical grade DHEA compounded by reputable companies. DHEA can be a great bridge through menopause. Women who are using bio-identical hormones may take DHEA to promote a good overall hormonal well-being. DHEA is just one small part of a much broader spectrum. Feelings of health and well being are consisting changing. The menopausal woman can evolve into hormonal balance by changing her lifestyle, relieving mental stress and using natural supplemental hormones after proper testing by a health care professional.

Contact your physician to learn if our patented hormone replacement drops will meet your treatment plan that fulfills the menopausal wellness goal.