DHEA

What is DHEA?

DHEA is a hormone that is naturally made by the human body. It can also be made in the laboratory from chemicals found in wild yam and soy. However, the human body cannot make DHEA from these chemicals, so simply eating wild yam or soy will not increase DHEA levels. DHEA serves as a precursor to male and female sex hormones (androgens and Oestrogens). DHEA levels in the body begin to decrease after age 30. This decrease occurs more quickly in women than men.

DHEA is taken by mouth for slowing or reversing aging, improving thinking skills in older people, and slowing the progress of Alzheimer’s disease, for weight loss, decreasing the symptoms of menopause, rheumatoid arthritis, and aging skin and vitality.

Athletes and other people take DHEA to improve physical performance. But DHEA use is banned by the National Collegiate Athletic Association (NCAA) and Olympic Committee.

Special precautions & warnings

**Pregnancy and breast-feeding**: DHEA can cause higher than normal

levels of a male hormone called androgen. This might be harmful to the baby. Don’t use DHEA if you are pregnant or breast-feeding.

**Diabetes**: DHEA can affect how insulin works in the body. If you have diabetes, monitor your blood sugar carefully if you are taking DHEA.

**Hormone-sensitive conditions such as breast cancer, uterine cancer, ovarian cancer, endometriosis, uterine fibroids or polycystic ovary syndrome (PCOS)**: DHEA is a hormone that can increase estrogen levels. If you have any condition that might be made worse by exposure to estrogen, don’t use DHEA.

**High cholesterol**: DHEA might lower “good cholesterol” (high lipoprotein cholesterol, HDL). If your HDL level is already too low, discuss DHEA with your healthcare provider before you start taking it.

**Liver problems**: DHEA might make liver problems worse. Don’t use DHEA if you have liver problems.

**Depression and mood disorders**:  if you have a history of depression, bipolar or other mood disorders you should discuss the use of DHEA with your doctor. If treatment is initiated pay attention to any changes in how you feel. Herbs, Supplements and Food interactions

**Herbs and supplements that might slow blood clotting:**Using DHEA along with herbs that can slow blood clotting could increase the risk of bleeding in some people. These herbs include angelica, clove, danshen, garlic, ginger, ginkgo, Panax ginseng, and others.

**Licorice:**Taking licorice increases the levels of DHEA in the body, which then increases the side effects of DHEA.

**Soy:**Soy might increase or decrease DHEA levels in the body.

**Fibre:**Eating fibre while taking DHEA might decrease the effects of DHEA.

**Vegetarian diet**: Strict vegetarians have higher levels of DHEA in their blood than non-vegetarians. However, this difference seems to disappear after menopause. Researchers aren’t sure how important these findings are.

**Reference:**

<https://medlineplus.gov/druginfo/natural/331.htm>

Dose: 10-50mg taken each morning in capsule or sublingual. Take in the midmorning to mimic your natural circadian cycle. Empty stomach is best , however if you feel lightheaded after hormone taken please take with food.

BOOK ONLINE