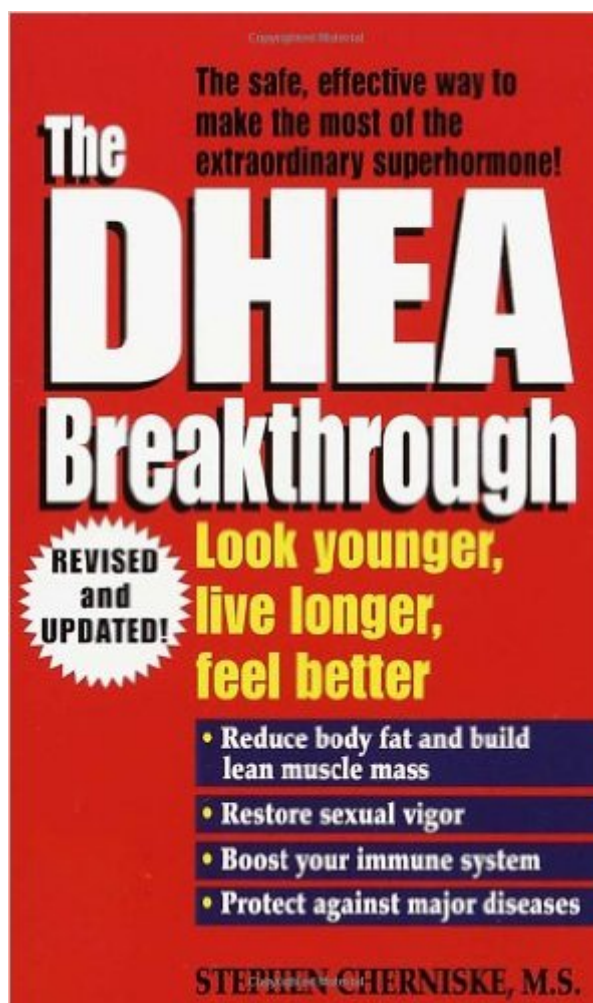


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# The DHEA Breakthrough: Look Younger, Live Longer, Feel Better



## 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 Rehabilitation

From the Trade Paperback edition.

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## Customer Reviews

I am a little concerned about some of the negative comments made about DHEA on this page. The reality is that DHEA is a powerful hormone that shouldn't be treated like a vitamin off a supermarket shelf. Used correctly, it can literally add years to peoples live and reduce the risk of most major diseases of aging. The *Dhea Breakthrough* by Stephen A. Cherniske represents a positive interpretation of the literature on DHEA. But with all things, readers beware - as drug effectiveness

is calculated on averages not on individual cases. There will always be individual response variation to all drugs, hormones and supplements. What does individual variation mean for the DHEA user, if we look closely at Cherniske's book there is a simple set of guidelines for use to avoid the problems by the poor fellow here who wrote a response to this book saying that he grew breasts, a rare reaction by males that are overly estrogenic to begin with, this is a dangerous hormonal state for a male to be in and he should start a protocol to reduce aromatisation of testosterone into estragon, this will also stop the over conversion of DHEA to estrogen. Of course, my review is influenced by my own views on DHEA use, so please be aware of this issue. 1. Use blood test monitoring to insure you are not over or under supplementing DHEA, this is important, never supplement above the top one third of the range for your age. Likewise, under supplementation might be insufficient to gain any benefit and therefore is a waste of money. 2., make sure you have a full blood hormone panel, including estrogen, total testosterone and free testosterone to ensure you are not over converting to estrogens dominance, a conditions with all sorts of health problems for males.

This book provides all the information one needs to take advantage of and maximize the amazing properties of the natural hormone DHEA in a safe and effective manner. His DHEA Plan is not only about taking pills but also improving one's lifestyle with stress-reduction techniques, an exercise program and dietary guidelines. DHEA is a natural hormone produced in the adrenal glands; the full name is Dehydroepiandrosterone. The author covers all aspects of the hormone, from the Dioscorea plant in which the supplemental form is obtained, through the manufacturing process, down to dosage directions. The therapeutic potential of the substance is examined with reference to its ability to reduce stress, protect joints, build bones & lean muscle mass, counteract fatigue, beat depression and boost memory. DHEA may eventually play a greater role in the fight against cancer, diabetes, heart disease and osteoporosis. Cherniske's witty writing style keeps the attention throughout, and the book contains a number of appendices (resources, health support organizations, reasons why it is essential to take vitamin supplements) plus a glossary, bibliographic notes and index. Each chapter concludes with a bibliography of articles from the scientific literature and the text contains a few black & white illustrations. Oddly enough, the grandmother of all natural hormones, Pregnenolone, is never mentioned and is not found in the index. This is strange in view of the fact that in the body DHEA derives from Pregnenolone and shares with it a number of features.

This is in response to the 'a reader' below who seems to suffice on half-efforted research. I have

met Mr. Cherniske and found the following information from my own meager research. In a free society, people are entitled to express their opinion. Stephen Barrett uses websites to express his opinions regarding a number of topics, including network marketing, alternative and complimentary medicine, nutritional supplements and those who promote nutritional supplements. He presents his views in an authoritative manner, leading some to confuse these opinions with actual fact. In reality, what Dr. Barrett chooses to include in his "profiles" is extremely limited and loaded with innuendo. What's the issue? Stephen Cherniske attended Columbia Pacific University from 1979 to 1982. The school, as Dr. Barrett admits, was accredited at that time, and then degree requirements were quite stringent. The court order referenced by Dr. Barrett only affects students who attended after June of 1997. Still, he includes Mr. Cherniske in a list of recent graduates from Columbia Pacific University, hoping to disparage by association what he cannot say in print. Of course, the fact that one's Masters Degree is not from Harvard should mean very little in a review of someone's career. Mr. Cherniske has letters of commendation from the head of the UCLA program where he was an instructor, as well as letters from Chapman University where he taught extension classes for nine years. Mr. Cherniske has certificates for 171 hours of state approved Continuing Medical Education that he has completed since 1980 as well as course materials from the CME courses that he has taught.

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