

**The**

The safe, effective way to  
make the most of the  
extraordinary superhormone!

# **DHEA**

## **Breakthrough**

**REVISED  
and  
UPDATED!**

**Look younger,  
live longer,  
feel better**

- Reduce body fat and build lean muscle mass
- Restore sexual vigor
- Boost your immune system
- Protect against major diseases

**STEPHEN CHERNISKE, M.S.**

Stephen A. Cherniske

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



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WOULD YOU LIKE .Protection against cancer, cardiovascular disease, diabetes, and osteoporosis? . bodies, stress reduction techniques, and an exercise program that eases you in to the next degree of performance, irrespective of where you are actually. . With this comprehensive, accessible book, you can look forward to a longer, more satisfying, more healthful life!To beat depression, boost your memory, and deal with stress?--Jesse Hanley, M.D., Medical Director, Malibu Health insurance and RehabilitationFrom the Trade Paperback edition. The DHEA Breakthrough provides the easy-to-implement DHEA Program, including a diet designed for our "paleolithic" The high energy you loved in your twenties and thirties?Renewed sexual hunger and vigor?"I've used DHEA in my practice for five years and noticed how it can benefit restore physiologic stability. That's close to a modern day miracle, and this book describes the breakthrough properly."To lose body fat while building up your lean body mass?DHEA can do all this and more! In The DHEA Breakthrough, biochemist Stephen Cherniske gives you all the info you need to take advantage of and maximize the extraordinary properties of the superhormone--safely and effectively.



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DHEA and advantages and disadvantages I am a little worried about a few of the negative remarks made about DHEA on this web page. Qi Jia, Mei-Feng Hong, Zhao-Xing Pan, Cheryl Ritter, Susan Vance, Mariam Cortes-Guzman and Stephen Cherniske. If you are, don't panic, as there are a few good supplements and pharmaceuticals that are great for stopping this response. The Dhea Breakthrough by Stephen A. Patent as a biomarker of maturing (5), and was shown at the 2002 International Meeting on Biomedical Spectroscopy in Cardiff, UK. But with everything, readers beware - as drug effectiveness is certainly calculated on averages not on individual cases. There will be specific response variation to all or any drugs, hormones and health supplements. Journal of Chromatography B. I really believe the author recommends to start with lower doses, after that build-up, as do almost every other recommendations that I've heard. a self-appointed vigilante committee of one. I will just keep my dosage here for some time and see what happens. Likewise, under supplementation may be insufficient to gain any benefit and therefore is a waste materials of money. 2., make sure you have a full bloodstream hormone panel, including estrogen, total testosterone and free of charge testosterone to ensure you are not over transforming to estrogens dominance, a conditions with all sorts of health problems for males. Used properly, it could literately add years to peoples live and decrease the threat of most major illnesses of ageing."(4)He also missed the actual fact that the ACI check offers received a U. The school, as Dr. 3., do not consider DHEA in case you have severe side effects or when you have any hormonally related cancer, more current research is suggesting there could be a job for DHEA in some cases here, but should just be considered with specialist oncology MD information and supervision. The court purchase referenced by Dr. Cherniske and his visitors are extremely proud of his academic and professional accomplishments during the last 30 years. For best outcomes with DHEA, get active, try a higher protein - moderate carb approach, get some regular cardio workout and start lifting some weights, use a trainer if you are very out of condition, after a fitness assessment by a MD. Workout comes with an independent positive influence on testosterone and fat loss reduces estrogen transformation and total amounts in the male body. Cherniske offers certificates for 171 hours of state accepted Continuing Medical Education that he provides completed since 1980 along with course materials from the CME classes that he has trained. Response to 'a reader' that barks more than Researches This is in response to the 'a reader' below who seems to suffice on half-efforted research. I've fulfilled Mr." Dr. Jia Q, Hong MF, Pan ZX, Orndorff S. Stephen Barrett uses websites to express his opinions regarding numerous topics, including multilevel marketing, choice and complimentary medicine, nutritional supplements and the ones who promote natural supplements. He presents his sights in an authoritative manner, leading some to confuse these opinions with actual reality. He also does not appear to connect low carbohydrate dieting to these difficulties. Barrett chooses relating to his "profiles" is incredibly limited and packed with innuendo. What's the issue? Still, he includes Mr. It is a fact that lots of middle aged guys make even more estrogens that ladies of the same age. Barrett admits, was accredited at that time, and degree requirements were quite stringent. 4. Cherniske offers letters of commendation from the top of the UCLA plan where he was an instructor, in addition to letters from Chapman University where he taught expansion classes for nine years. Stephen Cherniske attended Columbia Pacific University from 1979 to 1982. Cherniske in a summary of latest graduates from Columbia Pacific University, hoping to disparage by association what he cannot say in print. Then upped it to 10 for a couple days. Mr. Barrett just affects students who attended after June of 1997. Mr. Combining exercise, diet, life-style with appropriate DHEA use is the great strategy that maximise benefits and decreases potential problems.I would also explain that his selection for a faculty placement with the

American College of Sports Medicine was not based on where he went to school, but instead his expertise in the field of nutrition and human performance. Also, the medical reviewers randomly House and Warner Books gave Cherniske high marks for precision and scientific insight. Since 1980, he has presented a lot more than 6,000 hours of lectures to professional and lay viewers. US patent, US 6,326,209 B1, Dec. Apparently, Dr. Barrett is, why should one believe Stephen Barrett, a retired psychiatrist and consumer "watch pet," who condemns anything he will not personally have confidence in, including chiropractic treatment, which he phone calls "organized crime. Cherniske and discovered the following information from my very own meager research. Edward Maurer, chairman of the panel of the American Chiropractic Association, disagrees. Quantification of urine 17-ketosteroid sulfates and how old they are correlations. Barrett "... 1. I think this book was written more for men and does not have a balanced viewpoint for female. 1. Dr. Barrett wrote the ahead for a colleague's reserve (which he markets on his web site) in which vitamin E is called "Snake-Oil for the Center." Seeing as vitamin E has been found - in Harvard research published in the brand new England Journal of Medicine (1, 2) - to remarkably reduce risk for cardiovascular disease should provide one pause before believing everything Dr. Barrett says. Is it possible to help me with that? In fact, Cherniske hardly ever claimed that the ACI measured overall healthfulness, although this point was contained in an agreement between your FTC and myself. Still, skeptic choose to ignore these accomplishments and focus rather on membership in the National Academy of Study Biochemists, an organization that Cherniske joined in 1975 and subsequently still left., Hong, M-F. I just started with DHEA. Good info This book has good information on DHEA. Actually all males are likely toward estrogenic dominance as they age group and reducing this may lean us down and tone us up enhancing cardiovascular profiles. S. Cherniske represents a positive interpretation of the literature on DHEA. I came across Dana Carpender's "How I stopped zero fat dieting and dropped 40 lbs" to become a great book by a female, for woman. (7) Bottom line, Mr., lastly & most importantly, DHEA is much more likely to be changed into estrogen if we are overweight, fat cells make estrogen, and we sit down around all day eating junk food., Hong, M.") and maintains that position even in the face of overwhelming proof to the contrary. Stampfer MJ, Hennekens CH, Manson JE, Colditz GA, Rosner B, Willett WC. Five Stars Great book. N Engl J Med 1993; Very inspiring, teaches many very important health understanding that we really need to know The DHEA Your elixir of youth hormone book was good and easy to read to start with to understand .2. 16:171-81. Vitamin E consumption and the chance of cardiovascular system disease in males.] The ACI paper was quoted in "High Performance Liquid Chromatography" with reference # 1010706961. 328:1450-6. [In a free of charge society, people are entitled to express their opinion. Quantification of Urine 17-ketosteroid sulfates and glucuronides by High-Efficiency Liquid Chromatography - Ion Trap Mass Spectroscopy. What does individual variation mean for the DHEA consumer, if we look closely at Cherniske's reserve there exists a simple set of guidelines for use to avoid the problems by the poor fellow here who wrote a reply to this reserve stating that he grew breasts, a rare response by men that are overly estrogenic to begin with, this is a dangerous hormonal state for a man to be in and he should start a protocol to reduce aromatisation of testosterone into estragon, this may also stop the over conversion of DHEA to estrogen. Jan 2001, Vol 750, (1) 81-91. 4.3... N Engl J Med 1993; 5. Cherniske, S, Jia, Q. Barrett feels that reading one FTC action letter is enough to pass judgement on a check which has received accolades from clinicians and researchers all over the world. Measurement and Quantification of 17 ketosteroid-Sulfates as a Biomarker of Biological Age. Lectures which were subsequently published in scientific proceedings are detailed in his CV, which he makes available

to anyone who asks.7. Jia, Q. His CV is definitely accurate and open to anyone with an authentic interest in evaluating the real technology., Ritter, C., Vance, S., Cortes-Guzman, M. Very good and inspiring Teaches DHEA and holistic wellness approach. Quantification of Urine 17-Ketosteroid Sulfates and Glucuronides by LC/MS and Using the Normalized Total 17-KS-S seeing that a Bio-Marker of Ageing. Proceedings, First International Conference on Biomedical Spectroscopy in Cardiff, UK (7-10 July 2002). 4, 20016. The truth is that DHEA is normally a robust hormone that must not be treated like a vitamin off a supermarket shelf. He phone calls Dr. Spectroscopy. 2002; Rimm EB, Stampfer MJ, Ascherio A, Giovannucci E, Colditz GA, Willett WC. (3) He must become unaware that the check was selected for inclusion in Science Direct, the world's largest biomedical data source and was chosen and quoted by the prestigious scientific bibliography "Current Awareness in Biomedicine. After reading the reviews, I'm surprised at the high dosages people use. Of course, my review is influenced by my own sights on DHEA use, therefore please be aware of this issue. If I get bad unwanted effects, then I decrease 5 mg. Barrett ignores the research paper on the ACI check published in the Journal of Chromatography, a highly respected peer-reviewed laboratory technology publication. Started with 5 mg first two days and didn't see any effects. Of course, the actual fact that one's Masters Degree is not from Harvard should mean very little in an assessment of someone's career. NOW I AM trying 15 and noticing more energy. Use blood check monitoring to insure you aren't over or under supplementing DHEA, this is important, never health supplement above the top one third of the range for your age. I'm surprised that folks take a high dose, get unwanted effects, that are described in this book, but then don't back down their dose. Hormones are very powerful, and high doses of these probably are not good for you. One must be responsible and observe how the particular pill results. Though most information was valuable, I do not trust his viewpoint on woman and diets. At one stage, he says that old woman going through menopause just need to lose pounds. He will not discuss the difficulties woman have as of this age, particularly because of hormone imbalance. In reality, what Dr."Barrett also believes that taking vitamins is useless ("In case you are eating food," he says, "you will definitely get vitamins.(6) The second peer-reviewed paper validating the ACI check as an aging biomarker appeared in the international journal Spectroscopy. Five Stars Another great source to raised health. After reading "The DHEA Breakthrough" by Stephen Cherniske, I purchased some DHEA and since my age is 57, I right now take 50 mg daily and also have been for approximately 10 months. I cannot respond to all of the claims Mr. Cherniske makes, but concerning improved energy, strength and improved vitality, the email address details are there---in spades! Five Stars Great go through!, Cherniske, S. 328:1444-9... The DHEA Your elixir of youth hormone book was good and simple to read to begin with to learn about DHEA. Very beneficial and I love the references following each chapter. Barrett also criticizes the Anabolic / Catabolic Index, essentially arguing that the ACI will not measure overall healthfulness and for that reason has no worth. A more up to date book about DHEA. Easy read I knew a bit about them before I acquired the book . It probably deserves a four . Vitamin E and the risk of coronary disease in females. The DHEA Breakthrough I began and then I saw that it had been written a long time ago therefore i am searching for a more current book. Five Stars Very informative. Four Stars An excellent book but I guess I expected more. Cherniske's evaluation of DHEA is normally persuasive.



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