

DHEA

The Mother of All Hormones

by **dr. lisa hunt** | photo by **dawn kelly photography**

DHEA (Dihydroepiandrosterone) is the most abundant naturally-occurring steroid hormone. We call it the “Mother Hormone” because it is the source that fuels the body’s metabolic pathway. It is made in the adrenal glands and in the brain. Levels of DHEA are high in the developing fetus and continue to rise until approximately age 25. Thereafter, production drops off sharply. DHEA supports and regulates the functions of other steroids in their immune system activity. The body also uses DHEA as a precursor to produce these sex hormones: testosterone, estrogen, progesterone and cortisol. In addition, DHEA is protective against arteriosclerosis (lowers cholesterol and insulin levels), protects against diabetes, enhances the immune system, decreases cancer risk and helps prevent

decreased mental function. A low DHEA level is also known as a biological marker for breast cancer in premenopausal women and prostate cancer in men.

DHEA is important in keeping the metabolic balance of youth (anabolism). Therefore, it enhances fat loss, increases lean body mass, stimulates new bone formation and inhibits bone degeneration. Low levels of DHEA are associated with osteoporosis. DHEA replacement has been shown to increase perceived physical and psychological well-being, increase energy, improve sleep, increase libido, improve mood and increase stress management. A simple blood test is used to determine how much DHEA needs to be replaced. When used appropriately, in a therapeutic setting under medical supervision, DHEA is a critical component to jumpstarting hormonal balance. ■

For more information on DHEA, please visit DrLisaHunt.com.

Dr. Lisa Hunt



Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission “is to build on every level of your health to achieve the best quality of life.” She is board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.

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Call today to have your DHEA levels checked!

*****DHEA ACCESS LAB TESTING SPRING SPECIAL \$30*****

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