

QUOTES

From Dr. Julian Whitaker's newsletter, Health and Healing.

"DHEA: the closest we can get, today, to a fountain of youth"

"Blood levels of DHEA... is one of the most reliable markers of aging. Most age researchers agree that to retard aging you must maintain the known markers of aging at a level comparable to what you had at age 20 or so. Declining blood levels of DHEA are also a marker for disease."

"DHEA seems to protect against both diabetes and obesity."

"...many diseases just melt away. . . .decreases heart attacks and strokes. . .lowers blood pressure in animals. . . helpful in cancer, **Alzheimer's** disease, multiple sclerosis, memory loss, chronic fatigue syndrome, and Parkinson's disease. -increases estrogen in women and testosterone in men to levels found in younger men and women.... lowers blood cholesterol level."

"DHEA is virtually nontoxic as the body seems to use what it needs."

"These are the facts. DHEA is extraordinarily safe. Your body tends to utilize the extra DHEA if it needs it, and ignores it if it doesn't."

"DHEA, an extremely safe steroid-like hormone, reverses the expression of both the obesity gene and the diabetes gene in experimental animals."

"In humans DHEA has been shown to increase the sensitivity of cells to insulin."

"Why isn't DHEA given to the millions that could benefit from it? Because the FDA, the most tyrannical bureaucracy in the so-called 'free world', is standing, gun in hand, protecting the interests of the drug companies."

"DHEA is the most powerful single therapy I have ever seen."

From Dr. Deepak Chopra's best-selling book, Ageless Body, Timeless Mind.

"... DHEA is a marker for the body's exposure to stress. On the other hand, high DHEA levels are associated with reduced incidence of coronary **artery** disease, breast cancer, and osteoporosis. Higher DHEA is also associated with longer survival and decreased death from all diseases in older men.'

"... the DHEA reservoir **was** depleted from stress."

From Dr. Atkins' Health Revelations newsletter, January 1994.

"I strongly believe that using DHEA will improve your health and extend your life."

"Long before anyone realized DHEA was going to prove so significant, a study on 5,000 apparently healthy women on the Isle of Guernsey found that those who were destined to get breast cancer had subnormal DHEA levels up to nine **years** before their cancer was diagnosed."

"There is a striking connection between DHEA and heart disease."

"... it shows every sign of becoming an important treatment for diabetes. It has been shown to improve memory... it may also be useful against arthritis, lupus, and Crohn's."

From Dr. Vincent Glampapa, Muscle Magazine, April-May, 1994.

"DHEA has demonstrated to be beneficial in increasing muscle size while reducing fat."