

PREVIEW of FOUNTAIN OF YOUTH DISCUSSION by Wendy Wells, NMD

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Hormones: Keep us feeling young!

What is a Hormone?

- Hormone means “to set in motion”
- Maintains the body's internal steady state or homeostasis
 - (nutrition, metabolism, excretion, water and salt balances)
- Reacts to stimuli from outside the body
- Regulates growth, development, and reproduction
- Produces, uses, and stores energy

The Anti-Aging Hormone, what is it?

- DHEA – (Dehydroepiandrosterone)
 - Hormone that diminishes rapidly as people age past year 35
- Made in adrenal glands
 - Test DHEA-S in blood

DHEA overview

- Journal *Drugs and Aging*, an overview of published studies on DHEA revealed the following:
- In both humans and animals, the decline of DHEA production with aging may cause...
 - immune depression
 - increased mortality
 - increased risk of several different cancers
 - loss of sleep
 - decreased feelings of well-being

Research on DHEA

- DHEA replacement
 - in aged mice significantly normalized immune function to youthful levels
 - may delay osteoporosis.
- Low levels of DHEA – blood test for DHEA-S
 - inhibit energy metabolism
 - thus increasing the risk of heart disease and diabetes mellitus
- Studies conducted on humans show essentially no toxicity at doses that restore DHEA to youthful levels.

More research..

- In a study published in *Biological Psychiatry*
 - DHEA was tested on middle-aged and elderly patients with major depression.
- Depression ratings, as well as aspects of memory performance, significantly improved.