



The DHEA Breakthrough

Stephen A. Cherniske

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DO YOU WANT . . .

The high energy you enjoyed in your twenties and thirties?
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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

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