
Focus on Health

Special Edition
October 2010

John R. Woodward, M.D.
Gynecologic Endocrinology

DHEA

How to Use DHEA?

Why DHEA supplement cream works better than pills?

Is DHEA Safe?

Twist 25 DHEA cream highest quality anti-aging and wellness product available.

Health2Go, Inc. hired a PhD chemist with 18 years experience formulating and compounding topical transdermal creams to develop and test Twist 25 DHEA cream. The requirements were set very high. There were 17 versions of the cream considered to develop the best possible cream mix.

Twist 25 cream is a highly specialized custom engineered nanoemulsion cream that delivers pharmaceutical grade bioidentical DHEA through the skin to the ideal place in the dermis for best absorption and metabolism. The small particle (about 200 micrograms) size makes Twist 25 cream unique allowing for optimal delivery of DHEA and a long shelf life (> 2 years).

Health2Go did extensive Pilot study testing on the cream for safety and shelf life. In fact, safety studies were done with 50 human test subjects for 60 days; there were no irritations or adverse reactions to the cream. So you can have confidence in Twist 25 DHEA supplement cream knowing Health2Go, Inc. only sells the best possible DHEA cream. It's not the cheapest. It's the best. It works.

Recent medical research studies show DHEA must be delivered to the body as a transdermal cream rather than as a pill supplement. There are 3 key reasons for this.

Reason 1) When taken as a pill, orally ingested DHEA is destroyed by the "first-pass effect" of the liver. Basically, this means that because the molecule is too large it appears to be a foreign substance, the liver filters most of the effective DHEA out before it can do any good: and, what does end up getting into the bloodstream is DHEA-S (DHEA sulphate).

Reason 2) DHEA-S is not the same as DHEA. DHEA-S is a different pro-hormone and has different benefits than DHEA. New medical research shows **DHEA-S is not converted by the body into DHEA.** However, **DHEA is converted into DHEA-S**, but not the other way around.

Twist 25 does supplement DHEA instead rather than DHEA-S.

(Fabian Hammer, Sandra Subtil, Philipp Lux, Christiane Maser-Gluth, Paul M. Stewart, Bruno Allolio and Wiebke Arlt. No Evidence for Hepatic Conversion of Dehydroepiandrosterone (DHEA) Sulphate to DHEA: In Vivo and in Vitro Studies. Journal of Clinical Endocrinology and Metabolism Vol. 90, No. 6 3600-3605)

So the majority of research studies of “DHEA” administered via oral DHEA supplements and consequently showed little benefit to “DHEA”(Sulphate) were not testing DHEA with an effective method of administration.

DHEA must be delivered to the body properly as a transdermal DHEA cream - Twist 25.

Reason 3) Medical research shows the human body metabolizes most DHEA into other hormones in the skin (the dermis). The skin is where we use most of the DHEA we make. So Twist 25 cream actually provides exactly what the body produces naturally (bioidentical DHEA) where we use it (in the skin).

(Fernand Labrie, Alain Belanger, Rene Berube, et al. University of Toronto Medical School. The Journal of Steroid Biochemistry and Molecular Biology Vol 103, Issue 2, February 2007, Pgs 178-188)

DHEA must be delivered to the body properly as a transdermal DHEA cream - Twist 25.

To know **DHEA supplementation is safe** think it through logically. DHEA is a naturally occurring pro-hormone. It is the most abundant pro-hormone in the body. DHEA is a base building block for hormones we produce. 50 hormones use DHEA as a precursor. The body makes DHEA and pregnenolone from cholesterol.

Why would something the body produces be harmful. No medical research studies of DHEA have shown any dangerous or harmful effects.

The goal should be to maintain levels of DHEA as when we are at our healthiest, “in our prime”. Normal levels of DHEA at age 25 are about 300 micrograms for women and 400 micrograms for men. Each pump press of Twist 25 DHEA cream provides about 20 MG DHEA. So women age 35 and up would benefit from using at least 1-2 pump presses per day; and men 2-3 pump presses per day unless otherwise directed by your physician. Testing levels regularly with a blood spot test is recommended to ensure optimum levels are maintained.

Go to www.twist25.com to learn more or <http://store.twist25.com> to order on line.

As a physician, I am not compensated in any way for sales of Twist 25 cream. Please visit my web sites at www.abouthormones.org and www.womenandnhormones.com.

John R. Woodward, MD
Medical City Dallas