

FEEL **Your BEST**, LOOK **Your BEST**

Naturally Restores Youthful Vigor

Dehydroepiandrosterone, more commonly known as DHEA, has gotten quite a bit of positive press recently. It is a base building block for other hormones, and research shows that higher blood levels of DHEA are strongly associated with good health while lower levels are strongly associated with numerous diseases. DHEA levels are an excellent predictor not only of age-related health problems but also of aging itself as defined by energy levels and quality of life.

Low levels of DHEA are associated with increased risk of death from all causes and can be linked to an increased risk of mortality from cardiovascular disease and cancer. Low levels of DHEA are associated with adult diabetes, metabolic syndrome, cardiovascular disease, autoimmune disease, asthma, obesity, depression, dementia, osteoporosis, lupus and more.

John R. Woodward, MD recognized the benefits of DHEA supplementation in its early stages. Twenty years ago he began researching bioidentical hormone replacement therapy, long before most had even heard of it. Dr. Woodward is a gynecologist in practice at Medical City in Dallas, where he has been an innovator in obstetrics and gynecology for 39 years.

Dr. Woodward began providing a custom compounded bioidentical transdermal DHEA cream as part of a combination therapy to treat premenopausal and menopausal women. The results were significant. Dr. Woodward and his son Hugh R. Woodward, MHA, created Health2Go to promote the benefits of their specially blended DHEA supplement cream, Twist 25. Twist 25 is a remarkable state-of-the-art cream specially developed as a safe effective DHEA supplement and made from the highest quality ingredients.

Following are answers to questions people frequently ask about DHEA.

What is DHEA? Why would I need to take a DHEA supplement?

DHEA is the most abundant compound we use to produce hormones. It is a basic building block or precursor to most of the hormones we produce. DHEA itself is produced by the adrenal glands, reproductive organs, and the skin. In fact, recent research shows most DHEA (88%) is actually metabolized in the skin. After we are born we make increasing amounts of DHEA until about age 25. Then we begin to make less and less (about 2% less per year) until death. By age 40, the body makes half as much DHEA;



by age 65 it is 10-20% of optimum; and by age 80 it drops to only 5% of levels we had at 25.

Since DHEA is a base building block for the hormones we make, especially androgens, and these are what give us our drive, energy levels, mood and physical characteristics; by age 35 to 40 energy levels and physical prowess decline. Muscle tone, energy levels, sex drive and ability to cope with stress decrease. These reductions in fitness and energy level are commonly experienced signs of “slowing down” or “growing old.” Twist 25 DHEA supplement cream can help.

What are the Benefits? Who should use a DHEA supplement?

There is no medical research that associates DHEA supplementation with any serious side effects. People over age 35 using Twist 25 DHEA cream report they have more energy, handle stress more easily, think more clearly, and generally feel better. Other benefits include stronger resistance to colds and flu, feeling leaner and fitter, softer skin, more sex drive and sleeping better at night.

What is the best way to use DHEA?

If taken as an oral supplement, most DHEA is quickly removed by liver. As a consequence, oral DHEA supplements are minimally effective in yielding any noticeable benefits for the users. This is why so many of the studies done in the past showed minimal benefits from DHEA supplements. Many of the studies that were inconclusive were done with oral DHEA supplements.

The best way to use DHEA is as a properly engineered transdermal DHEA cream. Since DHEA is a basic building block for hormones, it must

TOP REASONS to use Twist 25

be provided to the body each day for supplementation to be of benefit over time. Because we process most of the DHEA we use in the skin, it makes sense that the best way to use DHEA would be as an absorbable skin cream that puts the bioidentical DHEA back where we use it – the skin. This is why Twist 25 DHEA supplement cream was developed.

A small amount of Twist 25 rubbed into the skin each day can help stave off many of the unpleasant effects of aging. For people 35 and up, Twist 25 DHEA supplement cream is the right way to help you continue to look your best and feel your best.

Does DHEA have any Serious Side-Effects?

No. Twist 25 DHEA cream has been tested for long term use and showed no sensitivities or irritations. There are no dangerous side effects from using Twist 25 DHEA supplement cream. It often increases sex drive and if over applied may cause occasional skin blemishes. On rare occasions faster hair growth is noticed from the small boost in intracellular testosterone that is produced. If either of these rare side effects do occur simply reduce the amount of cream applied or discontinue use and these side effects subside.

The only precaution of note would be that if one has been diagnosed with a hormone sensitive cancer one would not want to increase hormone levels by using a DHEA supplement. However, it has been shown by medical research that if DHEA levels are maintained, the risk of developing cancer is actually reduced, while low DHEA levels are associated with a greater risk of cancer.

Why is Twist 25 DHEA Supplement Cream special?

Twist 25 DHEA Cream is the highest quality DHEA supplement cream available. It has undergone extensive research and development, a pilot study, and human testing and continued patient surveys with continuous quality improvement practices.

Twist 25 cream has small particle size for better DHEA penetration and stability.

- No chemical preservatives
- No sodium bicarbonate
- No soy lecithin
- Paraben-free
- No cyclodextrins
- Rubs in quickly and cleanly
- Leaves no oily residue
- Leaves no odor

Twist 25 DHEA Cream is made with Omega-3, Omega-6 and Omega-9 oils also antioxidants – CoQ-10 and vitamin E.

Where can I get the best DHEA supplement available?

Twist 25 DHEA Cream can be ordered online www.twist25.com. Information about Twist 25 is also available on the site as well as a news page providing summaries and links to some research that has been published about DHEA. Twist 25 is also available at select retail stores in the Houston area. Call or visit our website for locations.

- DHEA short for (dehydroepiandrosterone) is the most abundant compound we use to produce hormones. It is a basic building block or precursor to most of the hormones we produce.
- Medical research shows most DHEA (88%) is actually metabolized in the skin.
- After we are born we make increasing amounts of DHEA until about age 25. Then we begin to make less and less (about 2% less per year) until death. By age 40, the body makes half as much DHEA; by age 65 it is 10-20% of optimum; and by age 80 it drops to only 5% of levels we had at 25.
- Research shows that the level of DHEA in a person's blood is an excellent predictor not only of age-related health problems but also of aging itself as defined by energy levels and quality of life. Higher levels of DHEA are strongly associated to good health while lower levels are strongly associated with numerous diseases.
- Low levels of DHEA are associated with increased risk of death from all causes, for example low DHEA levels are associated with an increased risk of mortality from cardiovascular disease and cancer.
- Low levels of DHEA are associated with adult diabetes, metabolic syndrome, cardiovascular disease, autoimmune disease, asthma, obesity, depression, dementia, osteoporosis, and lupus to name but a few.
- Leading endocrinologists indicate that optimal anti-aging will be achieved by maintaining DHEA levels at the level of a 30 year old person.
- There is no medical research that associates DHEA supplementation with any serious or dangerous side effects.
- People over age 35 using Twist 25 DHEA cream report they have more energy, handle stress more easily, think more clearly, and generally feel better. Other benefits include stronger resistance to colds and flu, feeling leaner and fitter, having softer skin, more sex drive, and sleeping better at night.

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Learn more about Twist25 at www.twist25.com.