

Improve Your Overall Well Being with DHEA and HGH Supplements

The aging process, which, as everyone knows, is inevitable, is also responsible for the weakening or malfunction of certain organs in our bodies, to different extents for each individual. Attempts to slow down this process have been made for a long time now, but it was only in recent years that the medical world was presented with reliable solutions. The advancement in technology has allowed for more complex and thorough research to be conducted, and its results are visible nowadays in the numerous products that offer a chance at fighting the accelerated aging process. Our bodies are affected by all the changes that have been taking place in the environment, and they need to be aided in fighting the negative effects of all these changes. And we are not talking about keeping your organs functional and improving your well being by adding unnatural supplements to your diet. We are talking about substances that our bodies produce naturally at certain stages in our lives, such as early childhood or teenage years, and what we can do to keep these substances in our bodies from a certain age on. Dehydroepiandrosterone, or dhea, is one example of such life-giving hormones.

Dhea is a steroid produced by the adrenal gland, situated in the proximity of the kidneys. The hormonal effects of dhea, if any, have not been established yet. However, it has been demonstrated by scientists that dhea is broken down in our bodies into either testosterone (the male dominant hormone) or estrogen (the female dominant hormone). As you probably already know, hormones play an important role in the human body, as they control some of its most important functions, such as growth or metabolism.

Dhea has proven to function as an increment in the aging process. Still, we can rely on our bodies to produce this substance only in puberty and early adulthood. From then on, the dhea concentration in our bodies decreases progressively. Therefore, supplements in the form of dhea vitamins are required for the normal function of our organs.

The demonstrated effects of dhea supplements include immunity enhancement, energy boost, fat reduction, muscle build, strength increase, and an overall improved sense of well being. As medicine, dhea is particularly recommended for people afflicted with multiple sclerosis or AIDS, according to studies that have been conducted so far.

The HGH supplements fall under the same category as dhea supplements. HGH stands for Human Growth Hormone, a hormone that is secreted by the pituitary, situated in your brain. The healthy development of bones and muscles is aided by HGH, which is naturally produced by our bodies when we are in young adulthood. Somewhere after the age of thirty, the secretion of HGH gradually declines. The reduction of this hormone in our bodies typically results in signs of aging, such as brittle bones, hair loss, decreased sexual performance and mental function, reduction of the muscle mass, increase in body fat, thinning skin, and so on.

In order to fight these aging symptoms, which may occur too early with some of us, we can use dietary supplements, such as vitamins, which enhance the production of HGH in our bodies. The HGH supplements are not recommended as an anti-aging solution alone. They can also be used by sports persons who wish to enhance their stamina, strength and flexibility.

About the Author

If you want to find more resources about [Dhea](#) or even about [HGH](#) please review this website <http://www.vitanatural.eu>

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