

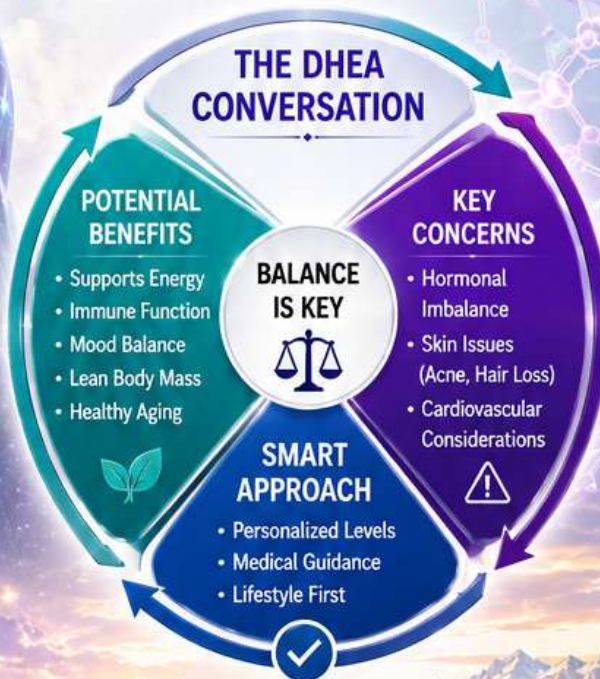
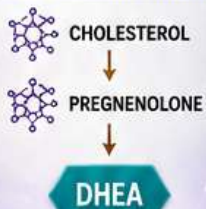
The DHEA Debate

Separating **fact** from **fiction** in one of the most discussed longevity hormones.

PITUITARY
Master
Endocrine
Regulator

**ADRENAL
GLANDS**
Primary Source
of DHEA

DHEA SYNTHESIS THE HORMONAL PATHWAY



SCIENCE-BACKED STRATEGIES TO SUPPORT DHEA NATURALLY



MANAGE STRESS

Meditation, mindfulness & adaptogens reduce cortisol & support DHEA.



TRAIN SMART

Resistance & HIIT training stimulate endogenous hormones.



NOURISH WELL

Healthy fats, zinc, magnesium & vitamin D fuel adrenal health.



SLEEP DEEP

Restorative sleep enhances DHEA secretion naturally.



SUPPORT WISELY

Targeted supplementation under medical supervision for optimal balance.

SwissLife Forever

Where hormone science meets clarity

Are You Making the Most of Your Hormonal Potential?



Quick Reflection:



Are you aware of your **DHEA** and adrenal hormone status?



Are your **lifestyle** and **nutrition** choices supporting natural hormone production?



Do you make **informed decisions** about supplementation and hormonal interventions?



DHEA

The Foundation of Hormonal Balance



NOURISH WISELY

Fuel your hormones with whole, nutrient-dense foods.



MANAGE STRESS

Calm your mind. Balance your hormones.



SLEEP DEEPLY

Quality sleep restores and regulates.



MOVE STRONG

Build strength. Boost resilience. Support endocrine health.



SUPPLEMENT SMART

Choose evidence-based support for optimal hormonal balance.

SwissLife Forever

Empowering hormones. Extending vitality.

Knowledge. Balance. Better vitality.