

For Immediate Release

U.S. Doctor Receives Leadership Recognition for Advances in Naturopathic Medicine in Canada

Dr. James L. Wilson Receives Distinguished OAND Acknowledgment

March 5, 2011 ~ Tucson, AZ: James L. Wilson DC, ND, PhD, author of *Adrenal Fatigue: The 21st Century Syndrome*, has been honored for distinguished leadership by the Ontario Association of Naturopathic Doctors (OAND) upon the 60th Anniversary of the association.

Dr. Wilson is an American physician, scientist, author, teacher and one of the foremost authorities on adrenal fatigue and the impact of stress on health. He was presented the OAND award for his role in founding the Ontario College of Naturopathic Medicine and his substantial contributions over the past thirty years to building the profession of naturopathic medicine and achieving public awareness and recognition of its value in health care.

Dr. Wilson commented, "I am proud to stand with the many people who have made this profession what it is today. Naturopathic doctors have a unique orientation that brings something invaluable to the healing professions and we need to insure its continuance and preservation. My hope is that the elements of natural healing be taught to each generation of doctors; that each generation improves upon – but continues to stay true to – the principles that have made naturopathic medicine so effective."

Naturopathic Medicine is a distinct system of primary care that addresses the root cause of illness or disease and promotes health and healing using natural therapies. The primary goal of Naturopathic Medicine is to address the cause of a patient's illness, rather than treating or suppressing symptoms, with Naturopathic Doctors (NDs) devoting the time necessary to understand each individual patient. NDs are able to provide early diagnosis and treatment of many serious diseases. NDs also provide care that complements treatments received from other health care professions, and are highly trained to refer and consult as necessary. They are able to employ a wide range of therapies to create a preventive, restorative, and individualized approach to health care.

Naturopathic Doctors are highly educated primary care providers who integrate standard medical diagnostics with a broad range of natural therapies. They work in partnership with other regulated health care providers to ensure that patients receive the most comprehensive and effective care possible. The Naturopathic profession in Ontario has recently been awarded prescribing rights and is awaiting the opening of the new College of Naturopaths.

A scientist as well as a physician, Dr. Wilson holds three doctorate degrees and two master's degrees, all from different health disciplines. He is listed in *The International Who's Who in Medicine* (Cambridge, England), and the physician and researcher who presented adrenal fatigue as a distinct, diagnosable syndrome, coining the term "adrenal fatigue" in 1998. His popular book *Adrenal Fatigue: The 21st Century Stress Syndrome*, a comprehensive, easy-to-use guide to uncovering, dealing with and preventing adrenal fatigue and the negative effects of stress on health, has been received enthusiastically by physicians and the public alike, and has sold more than 200,000 copies. He has authored numerous scientific journal articles, and is creator of the website adrenalfatigue.org, a comprehensive online resource inspired by his book.

Since 1999, he has lectured extensively to physicians around the world and is acknowledged as an expert on endocrine imbalances and their impact on health. In 2009, Dr. Wilson established the non-profit organization, Health Sciences Research Foundation, to continue research on the physiology of stress, cellular immune function and other related areas of health. Dr. Wilson currently resides in Tucson, Arizona.

The Ontario Naturopathic Association (ONA) was established as a non-profit corporation in 1950 for the following purposes and objectives:

- To promote the science, art and philosophy of natural healing for the benefit of humanity and public health;
- To educate the general public concerning the benefits to be derived from Naturopathy and the various branches of natural healing;
- To unite, for their mutual interest, naturopaths in the province of Ontario;
- To foster and encourage professional, social and educational activities among the members of the corporation;
- To encourage the standardization of educational requirements for practitioners of all healing arts; and,
- To acquire and hold assets, both real and personal, for the benefit of its members.

In 1997, ONA was changed to the Ontario Association of Naturopathic Doctors to better reflect the mandate of the Association, which is to be the voice and resource for the profession in Ontario. Today, the OAND is a voluntary professional association that provides leadership, advocacy and support for the profession in Ontario, and represents over 1,200 of the province's registered Naturopathic Doctors and membership continues to grow annually.

For further information, visit their website:

<http://oand.org>

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[Adrenal Fatigue: The 21st Century Stress Syndrome](#) (Smart Publications, 2001), is a comprehensive, easy-to-use guide to uncovering, dealing with and preventing adrenal fatigue and the negative effects of stress on health. More information can be found at Dr. Wilson's website, www.adrenalfatigue.org.