

For Immediate Release

Adrenal Fatigue Highlighted at Arizona Naturopathic Medical Association Physician Conference

James L. Wilson DC, ND, PhD Explains how
Stress and Adrenal Function Affect Men & Women

November 10, 2011 ~ Tucson, AZ: James L. Wilson D.C., N.D., Ph.D., author of *“Adrenal Fatigue: The 21st Century Syndrome”* will present the topic at the Arizona Naturopathic Medical Association Annual Fall Conference, November 12-13, 2011 in Tempe, AZ.

By invitation, Dr. Wilson is joining medical professionals convening at the Tempe, AZ event to bring attention to the impact that today’s unprecedented stress levels are having on health around the world.

“Adrenal fatigue is in epidemic proportions in most industrialized nations as individually and collectively we are experiencing one of the most stressful periods in history,” said Dr. Wilson. “Regardless of the source, all stress affects the adrenal glands and their production of the ‘stress hormone’ cortisol which profoundly influences all major physiological systems in the body,” said Dr. James L. Wilson, one of the first to identify adrenal fatigue as a diagnosable condition.

An expert on stress and endocrine imbalances, and their impact on health, Dr. Wilson designed his presentation to help health professionals understand the relationship of stress, diminished adrenal function and hormones, and bring attention to the impact that today’s unprecedented stress levels are having on health around the world.

The combined, near perfect storm of several recent events in the world have led to stress levels not often experienced in individual lives. Prolonged stress and unhealthy lifestyle choices adversely affect the body’s energy producing mechanisms, setting up physiological conditions that can lead to adrenal fatigue. Adrenal fatigue leaves people less able to cope with stress mentally and emotionally, as well as physically. Even before the recent natural disasters and economic crises around the world, it was estimated by Dr. John Tintera, an expert on adrenal function, that more than half of people experience adrenal fatigue at some point in their lives.

Stress normally causes elevated cortisol levels, but in adrenal fatigue, the output of cortisol and other adrenal hormones necessary for vitality is diminished by over-stimulation. With each increment of reduction in adrenal function the body is considerably more affected.

Cortisol has a profound effect on every organ and system in the body. Both low and high cortisol can negatively affect sleep, libido, mood, concentration, blood sugar metabolism, energy, immune function, digestion and cellular repair, and exacerbate PMS, difficult menopause and other hormonal imbalances.

Adrenal fatigue generally produces low cortisol levels, low blood pressure, low blood sugar and a characteristic daily pattern of fatigue that makes it difficult to function normally. People experiencing adrenal fatigue often use caffeine and food (particularly salty or sweet snacks) to try to keep their energy up throughout the day, which can also result in overweight.

“There is a tremendous amount we can do to naturally balance the effects of stress on our bodies and compensate for stressful life events and stressful lifestyles,” said Dr. Wilson.

“During stressful times, strong adrenals and the ability to maintain physiological and biochemical balance can not only help people protect their health and continue to do whatever they must, but also to stay positive – an essential element of survival and success,” said Dr. Wilson.

Dr. Wilson believes that stress disorders such as adrenal fatigue can be reversed with a program of lifestyle changes including a balanced diet, stress management, adrenal support, regular relaxation and focused supplementation.

One of the tools Dr. Wilson recommends to assess adrenal function is a saliva hormone test. It measures the amount of cortisol and other adrenal hormones inside the cells where they are active. Neither blood nor urine tests correlate with the hormone levels inside the cells and do not accurately assess the impact of stress on a person’s health – something often misunderstood by the medical community

“With proper care most people experiencing adrenal fatigue and stress can expect to feel good again,” commented Dr. Wilson.

A scientist as well as a physician, Dr. Wilson holds three doctorate degrees and two master's degrees, all from different health disciplines. He was one of the founding fathers of the Canadian College of Naturopathic Medicine (CCNM) in Toronto, Ontario.

- ***Adrenal Fatigue: The 21st Century Stress Syndrome*** 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, adrenalfatigue.org.
- **The Arizona Naturopathic Medical Association** is an association of dedicated, proactive, and committed Naturopathic Physicians who are catalysts for change. The AzNMA serves members and the public through education, legislative lobbying, and the promotion of Naturopathic Medicine in Arizona. It works to sustain the viability of the profession in order to provide quality Naturopathic Medical care today, for future generations. <http://www.aznma.com/>