

For Immediate Release

US Doctor to Train British Clinicians to Help Patients With Stress-Related Disorders

James L. Wilson DC, ND, PhD to present a clinical workshop on adrenal fatigue and other co-morbid conditions including metabolic syndrome, gastro-intestinal stress and cortisol

October 14, 2010 ~ Tucson, AZ: U.S. physician James L. Wilson will present a thought-provoking lecture and workshop, "Recovering from Adverse Stress & Fatigue" at the Royal Society of Medicine in London, England on October 16 & 17, 2010.

An expert on stress and endocrine function, Dr. Wilson brings attention to the impact that today's unprecedented stress levels are having on health. "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.

Dr. Wilson presents a detailed look at the biochemistry and physiology of stress and the Hypothalamus-Pituitary-Adrenal (HPA) axis, and reinterprets the pregnenolone shift (pregnenolone steal) that is thought to occur during stress.

"It is the job of the adrenal glands to enable the body to deal with stress and survive. Highly stressed lifestyles can result in chronically elevated levels of cortisol which may eventually fatigue the adrenals and lead to low cortisol production," said Dr. Wilson, one of the first to identify adrenal fatigue as a diagnosable condition and author of *Adrenal Fatigue: The 21st Century Stress Syndrome*.

Adrenal fatigue is a pervasive syndrome that doctors see regularly in their clinics around the world, yet often fail to recognize as a diagnosable and treatable condition. Adrenal function is intimately involved in gastrointestinal stress, including ulcers, malabsorption, food allergies, irritable bowel syndrome, Crohn's disease and other maladies. What's more, according to Dr. Wilson, adrenal fatigue and metabolic syndrome are two faces of underlying stress disorders.

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 and immune function, among other things. Stress normally causes elevated cortisol levels, but in adrenal fatigue, the output of adrenal hormones, particularly cortisol, has been diminished by over-stimulation. With each increment of reduction in adrenal function the body is considerably more affected.

Dr. Wilson notes that it is important for doctors to recognize the link between metabolic syndrome and adrenal fatigue and to understand that both conditions can actually occur concurrently in the same person. "These conditions can arise as stress maladaptations and are intimately related, yet are often slow to be recognized, if at all, by conventional medicine," said Dr. Wilson.

Adrenal fatigue generally produces low cortisol levels, low blood pressure, low blood sugar and fatigue that leaves people feeling chronically below par and limping through life. People experiencing adrenal fatigue often overeat because they try to drive themselves with salty or sweet foods.

Symptoms of metabolic syndrome include high cortisol levels, high blood pressure, high blood sugar, fatigue, and a "spare tire" of weight around the middle. Metabolic syndrome often causes a fairly rapid fat gain, especially around the belly, and left unchecked, can predispose a person to diabetes and heart disease.

"Metabolic Syndrome was identified 20 years ago and we are only now realizing the devastating effect on the overall health, morbidity and even mortality," Dr. Wilson said. The condition is widespread among the adult population in

developed nations and some studies have estimated the incidence could be as high as half of the population in some age groups. "We are seeing skyrocketing rates of abdominal obesity, hypertension, diabetes, cardiovascular disease and cancer."

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

"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's presentations are designed to help the progressive health care practitioner understand the relationship, progress, and effective treatment protocols and strategies for the recovery from stress and adrenal fatigue. "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. Dr. Wilson believes that stress disorders such as adrenal fatigue and metabolic syndrome can be reversed with a program of lifestyle changes including a balanced diet, stress management, adrenal support and regular relaxation.

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 was one of the founding fathers of the Canadian College of Naturopathic Medicine (CCNM) in Toronto, Ontario.

- [**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.