

For Immediate Release

## **Adrenal Fatigue -- An Unrecognized and Under-Treated Stress Syndrome Featured at 2nd Annual Dubai Congress on Anti-Aging & Aesthetic Medicine**

James L. Wilson D.C., N.D., Ph.D. invited to present adrenal fatigue Syndrome as a global health issue to international medical community

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November 2, 2009 ~ Tucson, AZ: James L. Wilson D.C., N.D., Ph.D., author of *“Adrenal Fatigue: The 21<sup>st</sup> Century Syndrome”* will present the topic at the 2nd Annual Dubai Congress on Anti-Aging & Aesthetic Medicine (DCAAAM), November 8-9, 2009 in Dubai, UAE.

By invitation, Dr. Wilson is joining more than 1,000 global experts convening at the international event to review the latest developments and trends in anti-aging 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. “This condition can arise as a stress maladaptation with far-reaching implications for many health conditions typically associated with the aging process -- yet is often slow to be recognized, if at all, by conventional medicine,” said Dr. Wilson.

Anti-aging medicine applies advanced scientific and medical technologies for the early detection, prevention, treatment and reversal of age-related dysfunction, disorders and diseases. “Adrenal function is intimately involved with anti-aging. It’s been known since Hans Selye’s research in the 1930s that stress greatly intensifies and speeds up the physiological aging process. As the ‘glands of stress,’ the adrenals play a key role in modulating the effects of stress on the body. Taking steps to properly support and promote optimal adrenal health and function is an essential aspect of any anti-aging program,” Dr. Wilson stated.

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 affect the body’s energy producing mechanisms adversely, 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 physiologically. Even before the recent world-wide economic crisis, 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.

Supported by the Dubai Ministry of Health, this year's conference is driven by the advancements made in reversing the natural process of aging and features an innovative medical program that aims to inform and educate through presentations, workshops and hands-on demonstrations.

An expert on endocrine imbalances and their impact on health, Dr. Wilson's presentation is targeted to help physicians and other health professionals understand the physiology behind adrenal fatigue syndrome and the successful treatment of stress related health conditions, particularly as it applies to aging.

"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. In the years I've spent treating patients, and researching, writing and speaking about adrenal fatigue and stress, I've seen that if the physiological and biochemical mechanisms that deal with stress are properly supported, people can withstand quite a bit of stress – yet maintain their health, their ability to function, and their optimism," Dr. Wilson said."

"With proper care most people experiencing adrenal fatigue can expect to feel good again."

A scientist as well as a physician, Dr. Wilson holds three doctorate degrees and two master's degrees, all from different health disciplines. Dr. Wilson 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. More information can be found at Dr. Wilson's website, <http://adrenalfatigue.org>.

The American Academy of Anti-Aging Medicine is a US federally registered 501(c) 3 non-profit organization with a membership of more than 20,000 physicians and scientists from 90 countries, and has pioneered the establishment of anti-aging medicine as a recognized medical specialty. More information can be found at their website, <http://worldhealth.net>.

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