

For Immediate Release

## Leading Expert on Stress Helps Doctors Understand the Importance of Adrenal Function in Stress-Related Disorders

James L. Wilson DC, ND, PhD featured at Anti-Aging Medicine and Biomedical Technologies conference to present clinical workshop on adrenal fatigue plus lectures on the relationship of the adrenals to autoimmunity and the thyroid

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**December 7, 2010 ~ Tucson, AZ:** U.S. physician James L. Wilson is featured to present a series of thought-provoking lectures on stress at the 18th Annual World Congress on Anti-Aging Medicine and Biomedical Technologies, December 9-11, 2010 in Las Vegas, Nevada.

An expert on stress and endocrine function, Dr. Wilson will be joining the world's leading anti-aging experts to review the latest developments and trends in anti-aging and regenerative medicine. He 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. In a series of lectures during this conference, Dr. Wilson will discuss clinical aspects of adrenal function and also the interrelationship between the adrenals and the thyroid, and the adrenals and immune function, particularly autoimmune processes.

"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, the physician who coined the term "adrenal fatigue" and helped identify it as a diagnosable condition, and the author of *Adrenal Fatigue: The 21st Century Stress Syndrome*.

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

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.

"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. "It is a pervasive syndrome that doctors see regularly in their clinics, yet often fail to recognize as a diagnosable and treatable condition. This condition can arise as a stress maladaptation with far-reaching implications for many health conditions typically associated with the aging process." said Dr. Wilson.

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.

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 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.

"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.

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

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 and regular relaxation. "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's presentations are designed to help the progressive clinician understand the relationship, progress and treatment of adrenal fatigue, and how other stress maladaptations can develop in a single person.

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](http://www.adrenalfatigue.org).
- **About the A4M**  
The American Academy of Anti-Aging Medicine (A4M) is a US federally registered 501(c) 3 non-profit organization comprised of 22,000-plus member physicians, health practitioners, scientists, governmental officials, and members of the general public, representing over 105 nations.

The A4M is dedicated to the advancement of technology to detect, prevent, and treat aging related disease and to promote research into methods to retard and optimize the human aging process. The A4M is also dedicated to educating physicians, scientists, and members of the public on biomedical sciences, breaking technologies, and anti-aging issues. More information at <http://www.worldhealth.net>.