

For Immediate Release

Adrenal Fatigue Highlighted at 5th Annual SottoPelle Physician Seminar

James L. Wilson DC, ND, PhD Explains how Stress and Adrenal Function
Affect Bio-Identical Hormone Replacement Therapy in Men & Women

September 21, 2010 ~ Tucson, AZ: By invitation, James L. Wilson D.C., N.D., Ph.D., author of *“Adrenal Fatigue: The 21st Century Syndrome”* will present the keynote topic at the 5th Annual SottoPelle Physician Seminar, September 24-25, 2010 in San Diego, CA.

An expert on stress and endocrine function, Dr. Wilson’s presentation is targeted to help physicians understand the physiology behind adrenal fatigue and clarify the connection between the adrenal glands and hormone balance, especially during perimenopause and menopause in women and andropause in men.

SottoPelle is a form of Bio-Identical Hormone Replacement Therapy (BHRT), specifically the pellet form of such hormone treatment developed by Dr. Gino Tuttera. “Adrenal function is intimately involved in women’s health, and women in perimenopause or menopause with adrenal fatigue do much better and experience many fewer symptoms when they receive proper adrenal support,” said Dr. Wilson. “I am thrilled that Dr. Wilson is presenting as the adrenal glands are such an integral part of working with hormones,” said Dr. Tuttera.

Adrenal fatigue is a pervasive syndrome that doctors see regularly in their clinics, yet often fail to recognize as a diagnosable and treatable condition. What’s more, according to Dr. Wilson, it is nearly impossible for a person with fatigued adrenal glands to achieve optimal hormonal balance.

Dr. Wilson has pointed out that, “Both male and female hormones are made in the adrenals of each person, regardless of gender. In males the adrenals provide a secondary source of testosterone and are the exclusive source of the female hormone estrogen. In females, the adrenals provide a secondary source of estrogen and progesterone, and are the nearly exclusive producer of testosterone.” As gonadal production of hormones decreases with normal aging, the role the adrenals play in maintaining a healthy balance of hormones becomes even more critical.

With adrenal fatigue, the sex hormone levels fall because the adrenal glands are not able to manufacture adequate levels of hormones. The lower these hormones, the greater the symptoms experienced and the more damage there is to tissues, especially when experiencing stress, due to their depleted anti-oxidative properties.

Women suffering from premenstrual syndrome (PMS) and difficult menopause often have low adrenal function, and vice versa. The levels of DHEA and testosterone in males, which are both produced by the adrenals, track the progression of biological aging more closely than do any other markers. Libido in both genders is usually diminished by low adrenal function.

The onset of adrenal fatigue is usually preceded by periods of stress. Taking steps to support the adrenals and other endocrine glands affected by stress can result in improvements in energy, sleep, and the ability to focus and concentrate, as well as help avoid adrenal fatigue and other problems that can arise as stress maladaptations,” 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.

“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.

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 can expect to feel good again.”

About 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 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.

About *Adrenal Fatigue: The 21st Century Stress Syndrome*

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.

About Sottopelle:

In 1992, Gino Tutera, M.D., F.A.C.O.G. founded Sottopelle based on his unique approach to hormone pellet in bio-identical hormone replacement therapy. After many years of experience as a specialist in treating PMS, menopause and hormonal imbalance, he developed his highly effective treatment. This hormone therapy is based on giving the right kind of hormone (biologically identical), in the right amounts (based on proper testing and accurate analysis of the results), using the right delivery system (pellets). His efforts continue to change the lives of thousands of men and women across Arizona and the United States who suffers from hormone deficiencies. More at Dr. Tutera's website, <http://sottopelletherapy.com>.