

For Immediate Release

**Stress Hormones, Not Allergies?  
US Doctor to Train Australian Clinicians about the  
Role of Adrenal Function in Children's Allergies and Adult Thyroid Health**

James L. Wilson DC, ND, PhD to present clinical lectures on oversights in children's allergies, and clinical indications of adult subclinical hypothyroidism

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**August 18, 2011 ~ Tucson, AZ:** U.S. physician James L. Wilson is featured to present a series of thought-provoking lectures on adrenal function and health at "Age Management: Prevention, Integration & Balance," the 5th Annual Conference in Anti-Aging & Aesthetic Medicine hosted by the Australasian Academy Of Anti-Ageing Medicine (A5M) in Melbourne, Australia, August 20-21, 2011.

Doctors may be overlooking hormonal disorders in the diagnosis of chronic childhood illnesses and allergies, according to world expert, Dr. James L. Wilson.

Adrenal fatigue is one of the most pervasive yet under-diagnosed syndromes affecting children who have repeated stresses or illnesses, especially illnesses involving the respiratory system. It also plays a prominent role in conditions such as allergies, environmental sensitivities and intolerance, hypoglycaemia, food cravings and addictions.

"When adrenal fatigue remains untreated in children, they often suffer more problems in school, in social situations, lower self-esteem, less able to be competitive in sports as well as they suffer more from stress and stress-related illnesses including drug and alcohol abuse and addiction," Dr. Wilson said.

"Adrenal fatigue can be the source of many of the most common symptoms parents often complain about in their children, yet doctors frequently fail to recognize it because they lack the information necessary for its diagnosis and treatment."

An expert on stress and endocrine function, Dr. Wilson brings attention to the impact that today's unprecedented stress levels are having on health. Adrenal fatigue is a pervasive syndrome that doctors see regularly in their clinics, yet often fail to recognize as a diagnosable and treatable condition.

Dr. Wilson's presentation, "Adrenal Fatigue: A Significant Oversight in the Treatment of Chronic Illnesses and Allergies in Children," will familiarize the physician with the easily recognizable signs and symptoms of adrenal fatigue in children, simple diagnostic tests, and treatment protocols that will often quicken recovery, shorten its duration, and favourably affect the prognosis.

## “Adrenal Fatigue and Subclinical Hypothyroidism”

The adrenal and thyroid glands play very interesting interrelated roles in human endocrine function, physiology and allostasis. In adults, the overlapping signs and symptoms of low adrenal function (adrenal fatigue) and low thyroid activity (subclinical hypothyroidism) can seem the same at first glance.

In some processes, each facilitates and even amplifies the hormonal actions of the other. In other aspects of endocrine and physiological function, they work in opposition and, in certain states, may even decrease the actions or effects of the other on hormone production or end organ activation. Dr. Wilson’s presentation will train Australian physicians how to differentiate some of their more important clinical indications.

These presentations are designed for the progressive health care practitioner to help them understand the progress and treatment of adrenal fatigue, and its relationship to other health conditions.

“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.

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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. Dr. Wilson is the physician who identified adrenal fatigue as a diagnosable condition and author of *Adrenal Fatigue: The 21st Century Stress Syndrome*.

The A5M conference offers a comprehensive program that incorporates evidence-based analysis of accepted markers for disease, implementation of clinical protocols as well as testing and assessing methodologies for early intervention practices. Age Management is a dynamic and rapidly advancing medical specialty. It is constantly enhanced by contributions from a variety of medical specialties, molecular genetics, mind/body medicine and emerging medical technologies. This year’s conference theme will review key developments, including: Preventative Medicine; Integrative Medicine; and Balanced Patient Care.

- ***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](http://adrenalfatigue.org).
- **Australasian Fellowship in Anti-Ageing & Regenerative Medicine**  
The Australasian Academy of Anti-Ageing Medicine (A5M) is part of a worldwide collective of Anti-Ageing practitioners under the auspices of The World Academy of Anti-Aging Medicine (WAAAM) dedicated to the advancement of therapies related to the science of Longevity (Anti-Ageing) Medicine. A5M is officially endorsed by The American Academy of Anti-Aging Medicine (A4M), which has grown from just 12 physician members in 1993 to over 22,000 physicians and scientists in over 110 nations. Over the past 3 years, A5M has successfully brought together many elites in the industry worldwide to educate and share their knowledge in the responsible practice of Anti-Ageing Medicine. A5M is the recognized educational service provider for the Anti-Ageing industry throughout Australasia.