

For Immediate Release

De-Stress April's Taxing Days & Feel Good Again

Adrenalfatigue.org Offers Guidelines for Lowering Stress
To Promote National Stress Awareness Month

*James L. Wilson D.C., N.D., Ph.D., author of "Adrenal Fatigue:
The 21st Century Stress Syndrome," suggests how to handle stress more easily*

April 17, 2009 ~ Tucson, AZ: An effective way many Americans can beat stress is through strengthening the adrenals, according to James L. Wilson D.C., N.D., Ph.D., author of "Adrenal Fatigue: The 21st Century Stress Syndrome." Creator of adrenalfatigue.org and an expert on endocrine imbalances and their impact on health, including the effects of stress on adrenal function, Dr. Wilson suggests ways to handle stressful times more easily as April's tax season brings heightened focus to "National Stress Awareness Month."

Dr. Wilson coined the term "adrenal fatigue" in 1998 to identify a group of signs and symptoms that people experience as a result of suboptimal adrenal function. "Today, people are losing their jobs, their homes, their investments and their health in this economic crisis that has now become a stress crisis. 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.

Adrenal fatigue can affect anyone who experiences frequent, persistent or severe mental, emotional or physical stress. It can also be an important contributing factor in health conditions ranging from allergies to obesity. Despite its prevalence in our modern world, adrenal fatigue has generally been ignored and misunderstood by the medical community.

According to adrenalfatigue.org, an estimated 80% of North Americans experience adrenal fatigue at some point in their lives. All stress intensifies the demands on your body – nutrients are used up faster than they can be replaced by food, toxic by-products rapidly build up, and every organ and gland – including the brain – is asked to work harder. "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.

"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. Indeed, in many instances such support may be the difference between them making it or not making it with their health intact,” Dr. Wilson added.

In addition to supporting adrenal health, Dr. Wilson suggests these **DESTRESS** guidelines to help Americans protect their health from stress and even create a difference to feel and function better today:

- D**efine who and what are important in your life and **D**ecide to live accordingly.
- E**nergize yourself with foods that nourish, and **E**xercise to increase circulation, optimize function and eliminate toxins.
- S**upport your body with dietary **S**upplements designed specifically to help compensate for the effects of stress on your body and supply nutrients used up during stress.
- T**ake **T**ime to breathe deeply and fully, to find a moment of calm, and to enjoy something each day.
- R**eframe events that stress you in order to **R**elease yourself from paralysis so you can discover what you *can* do, and how you can benefit from these events or turn them to your advantage.
- E**liminate energy robbers and health drains, and **E**stablish clear boundaries.
- S**leep to give your body a chance to recharge and heal, and your mind a few moments of **S**ilent **S**olace each day so you are refreshed and ready to take effective action.
- S**mile and **S**ee the **S**oul-fullness in your life. The physical action changes how you feel inside, which changes how you behave and how your body reacts.

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.

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.