

For Immediate Release

## **US Doctor to Train New Zealand Clinicians to Help People Suffering from Stress**

James L. Wilson DC, ND, PhD shares research and a therapeutic approach for diagnosing and treating adrenal fatigue for stressed Kiwis

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**August 11, 2011 ~ Tucson, AZ:** U.S. physician James L. Wilson will present a special training session for clinicians, *Adrenal Fatigue: The 21<sup>st</sup> Century Syndrome*, at the Nutriscience Seminar Series, August 13, 2011, in Auckland, New Zealand.

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. "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, one of the first to identify adrenal fatigue as a diagnosable condition and author of *Adrenal Fatigue: The 21<sup>st</sup> Century Stress Syndrome*.

An expert on stress and endocrine imbalances and their impact on health, Dr. Wilson designed his presentation to help physicians and other health professionals understand the relationship of stress and adrenal fatigue. 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," pointed out Dr. Wilson.

The combined, near perfect storm of several recent events in the world, including the major earthquakes in New Zealand and Japan have led to stress levels not often experienced in individual lives. Prolonged stress and unhealthy lifestyle choices adversely affect the body's energy producing mechanisms, 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 physically. Even before the recent natural disasters and economic crises around the world, 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.

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

"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.

"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," said Dr. Wilson.

This special training session with Dr. Wilson is designed to help the progressive clinician understand the progress of adrenal fatigue, and its diagnosis, effective treatment and recovery strategies from a clinical perspective, and how other stress maladaptations can develop in a single person.

**Nutrisearch** has spearheaded efforts to educate the New Zealand medical community about adrenal fatigue and the negative impact of stress on health. Dr. Eric Bakker and Adam Ryan are working diligently to make his very effective adrenal fatigue program standard treatment among New Zealand physicians.

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, regular relaxation and focused supplementation.

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 and stress 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. 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, [adrenalfatigue.org](http://adrenalfatigue.org).