

For Immediate Release

US Doctor to Train New Zealand Clinicians on the Interrelationship of Autoimmunity, Allergies, Digestive Problems and Adrenal Function

James L. Wilson DC, ND, PhD shares research and a therapeutic approach for Autoimmune, allergy and digestive problems that includes adrenal support to provide improved clinical results for affected Kiwis

August 23, 2010 ~ Tucson, AZ: U.S. physician James L. Wilson will present a special training session for New Zealand clinicians at the Nutriscare seminar, "Understanding & Treating Immunity, Allergies and the Digestive System in the 21st Century," in Auckland, New Zealand, August 25, 2010.

An expert on stress and endocrine function, Dr. Wilson's lecture will focus on helping healthcare professionals understand and work effectively with some of the physiological factors that connect stress and adrenal function with autoimmune processes, digestive conditions and allergies.

"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 21st Century Stress Syndrome*.

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.

Among other things, cortisol is the most powerful anti-inflammatory in the body. Allergies, autoimmune disease and many digestive tract problems involve some form of inflammation. It is the inflammation that causes the majority of symptoms and the damage. Therefore, the amount of cortisol available is a key factor in the level of inflammatory reactions occurring that produce many of the symptoms of these disorders.

For this reason, healthy adrenal function can play an important role in moderating the symptom picture of autoimmune disease, allergies and many digestive tract problems. When the adrenals are fatigued, they are less likely to produce enough cortisol to adequately counteract the inflammatory reactions, allowing symptoms to continue unchecked.

Conversely, the greater the inflammatory reaction, the more cortisol it takes to counter it and the harder the adrenals have to work to produce enough cortisol. The harder the adrenals have to work, the more fatigued they may become and the less cortisol they are able to produce. It is, therefore, not surprising that people with allergies, autoimmune disease and chronic digestive problems commonly tend to also experience fatigued adrenals. This vicious cycle can lead to deepening adrenal fatigue as well as to bigger inflammatory reactions.*

"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.

This training session with Dr. Wilson is designed to deepen healthcare practitioners' knowledge and ability to successfully treat patients experiencing autoimmune disease, allergies or

inflammatory digestive dysfunction. It will enhance their understanding of the connection between circulating cortisol, histamine and other pro-inflammatory substances, and the HPA (Hypothalamus-Pituitary-Adrenal) axis; how thyroid, adrenal and other endocrine gland function generally affects the digestive tract; how IgE and IgG allergies and delayed-type hypersensitivity reactions and other circular immune events can lead to gastrointestinal problems from foods; and how the immune system is consequently affected by stress, foods and digestion.

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.