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Adrenal Fatigue

the newest health fad or a real condition?

by Paula McKeown

Are you: Tired for no reason? Having trouble getting up in the morning?
Need coffee or colas to keep you going? Feeling run down and stressed? Craving salty or sweet snacks?
Struggling to keep up with life's daily demands? Unable to bounce back from stress or illness?

If you answered yes to one or more of these questions you may be suffering from **Adrenal Fatigue**.



Doctor James Wilson, the man who first coined the name **Adrenal Fatigue**, began investigating the effects of stress on health more than 30 years ago, after noticing many of his patients were complaining of the same symptoms. To share what he discovered through successfully treating thousands of patients, searching the medical literature and talking with fellow physicians and researchers, Dr Wilson wrote his book, *Adrenal Fatigue: The 21st Century Stress Syndrome*. In it he very clearly and simply explains the connection between stress and adrenal gland function, and between adrenal function and health. It provides a comprehensive guide that is easy for anyone to understand.

Coming from a heavy science and research background as well as his experience as a physician and bio-nutritionist, Dr Wilson kept diaries of patients experiencing symptoms of stress-related adrenal fatigue. His observations convinced him that he was working with a distinct syndrome that could be reliably diagnosed.

"This wasn't just an idea I dreamed up. It has long been present in the medical literature under various names such as non-Addison's hypoadrenia, neurasthenia etc. Unfortunately, most doctors are taught that there is only one condition of low adrenal function, and that is Addison's disease, the near or absolute failure of the adrenals."

Yet his own observations and those of his respected peers, plus the writings in medical literature supported, the existence of a medical condition of low adrenal function, not as severe as Addison's disease but much more prevalent, that could have a significant impact on an individual's ability to function, especially when they were under stress or living a stressful lifestyle. In addition, when Dr Wilson and his peers gave these patients appropriate treatment, their response was often dramatic in their ability to recover and once again lead normal lives.

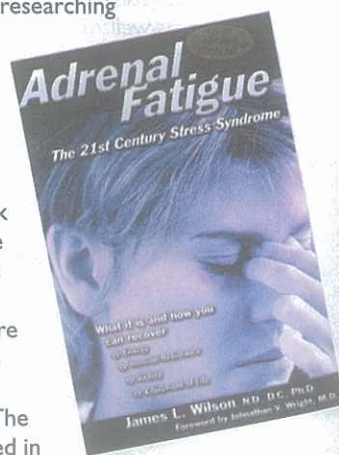
The next step was refining the treatment protocol to achieve

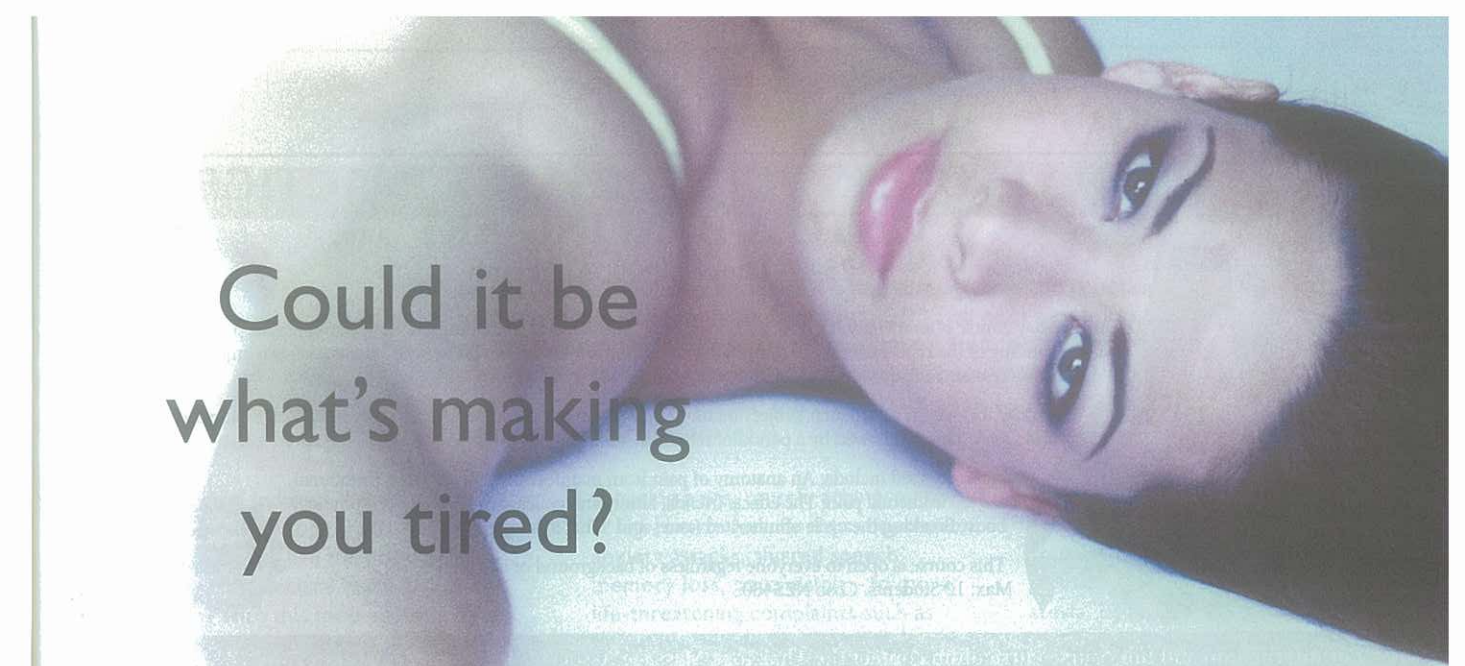
more consistent success. After numerous years of seeing patients with this syndrome, he started to piece together the most effective therapeutic combinations. Lifestyle, dietary changes and supplements were all important elements in that process. Although the protocol was successful, his adrenal fatigue patients had to take 17-22 different supplements each day. Doctor Wilson knew there had to be a better way, so through his company Future Formulations, he developed formulas which combined all of the vital ingredients into four major supplements. That meant adrenal fatigue sufferers now only had to take four products instead of the 17-22.

As Dr Wilson was developing the supplements and refining his treatment programme, he also began lecturing to medical doctors about his research and clinical results. It was then that colleagues and other doctors urged him to write a book about adrenal fatigue. So after some initial resistance, he spent the next two and a half years researching and writing his book on adrenal fatigue.

The protocol in the book is very easy to understand and read. Cartoons are used, as well as large print and short sentences. The book was written with the adrenal fatigue sufferer in mind, everything is short and concise and it doesn't require much energy or effort to read. There is a very simple questionnaire in the book to help people determine for certain if they have the syndrome. The questionnaire is written and designed in such a way, that even if you have one or two of the signs and symptoms of adrenal fatigue, it won't be confirmed unless you actually have it.

Doctor Wilson is adamant that the proof is in the pudding. When the diagnosis is correct and treatment includes the right dietary and lifestyle changes, as well as the correct dietary supplements, there will be improvement. As soon as





Could it be what's making you tired?

three to six weeks, most people should notice a difference. However, someone with severe adrenal fatigue may need one to two years before they are truly well and no longer need the supplements to feel good every day.

Some scientists, physicians and doctors claim there is no such thing as adrenal fatigue and that it lacks supporting scientific evidence and research. Doctor Wilson says the scientific and medical literature is published in journals to support that adrenal fatigue is an actual health condition. If there was no such health condition, people would not recognise it in themselves and would not consistently improve when following the specific recommended protocol, he said.

"We also wouldn't continually be getting so many unsolicited testimonials about the book, the products, and the changes these people have experienced in their lives."

Some people have accused Dr Wilson of creating something out of nothing just to "make money". As far as formulating products for adrenal fatigue, Dr Wilson had been formulating dietary supplements for over 20 years. After deciding to write the book, he contacted a supplement manufacturer to make the products for adrenal fatigue. The company initially agreed but then changed their mind just as the book was about to be released. Although disappointed, Mr Wilson felt a sense of obligation to provide two products described in the book.

"For me, it was a matter of integrity. If the book said there were products, there needed to be products. The products actually weren't available until about six months after the book came out. I had 200 bottles made. To my surprise, they sold. I don't know how because the book wasn't selling. When we sold out of these, I ordered 200 more thinking those would be the last, but they also sold, and eventually, it became a company. So I laugh when I hear that adrenal fatigue was created to "make money". The whole reason that any of this happened is my continual passion to help people improve their health. It is what drove me to write the book and drives Future Formulations to make their excellent products."

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Doctor Wilson is adamant the treatment was not designed to make money, it was designed to get the people with adrenal fatigue well. As little as eight years ago typing adrenal fatigue in Google would have listed only a few references. Today typing adrenal fatigue into Google brings up several hundred thousand pages.

"If this manageable and treatable condition doesn't exist – why the growing interest? If this was a passing phase, I don't believe the book would have continued to be a best seller for over seven years."

Adrenal fatigue is not limited to a certain occupation, sex, age or ethnicity. Young, old, fat, thin, rich and poor of every race are prone – but why? Doctor Wilson says it's because we are constantly pushing ourselves, we are not getting enough sleep, we are not eating enough quality food and even our relaxing times are stimulating. Essentially even our "stress-free periods are stressful".

It is most important for those with adrenal fatigue to realise that this condition doesn't have to be devastating to their life, their recovery is in their own hands. Read the book, follow the dietary and lifestyle recommendations and take the correct dietary supplements.

"Most people have the power within themselves to get themselves well and it can be handled so easily."

Doctor James Wilson is acknowledged internationally as an expert in the area of stress and adrenal function and lectures to health care providers around the world. He visited New Zealand for the first time in November 2008 to hold seminars on adrenal fatigue for doctors, naturopaths and alternative practitioners. ✦

For more information, visit:

- www.adrenalfatigue.co.nz
- www.adrenalfatigue.org
- www.futureformulations.com