

May 29, 2009

Dear Practitioner

We invite you to attend Dr. James Wilson's "Adrenal Fatigue and Its Relationship with Metabolic Syndrome and Hypothyroidism" Seminar for August 2009.

Internationally acknowledged as an expert in alternative medicine, particularly in the area of stress, adrenal function, immunity and the HPA axis. Dr Wilson will be presenting in three locations in New Zealand for 2009:

- Auckland** Monday 10 August, at the Crowne Plaza, 128 Albert Street (5.00pm-9.30pm)
- Wellington** Thursday 13 August, at the Duxton Hotel, 170 Wakefield Street (5.00pm-9.30pm)
- Christchurch*** Saturday 15 August, at the Crowne Plaza, Cnr Gilmore & Durham Streets (12.00pm-4.30pm)

(Christchurch presentation is on Saturday afternoon from 12.00pm - 4.30pm and includes a delicious buffet lunch).*

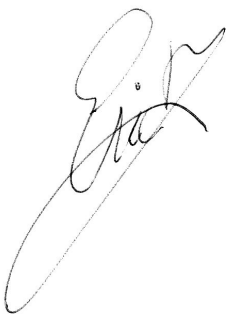
We received fantastic feedback about Dr. Wilson's presentations in 2008, and due to popular demand are very pleased to announce Dr. Wilson's return to NZ. If you attended the 2008 Adrenal Fatigue Seminar, you will find that the 2009 Seminar will expand on, and deepen your knowledge and understanding of Adrenal Fatigue, stress and the HPA axis.

Dr. Wilson's seminars are masterful and will change the way you view and treat many chronic complex conditions in your practice. Join us for an information packed seminar and gain simple clinical tools you can use effectively in your practice to optimise your patient's outcomes.

To register, simply complete the enclosed Registration Form and return by fax or mail, and by doing so before the end of June you will receive a complimentary double audio CD copy of Dr. James Wilson's Auckland 2008 presentation on "Adrenal Fatigue The 21st Century Stress Syndrome" absolutely free. For further information on this offer please see overleaf.

Don't delay, book early to avoid disappointment - all venues were fully booked last year.

Yours Sincerely,



Eric Bakker B.H.Sc (Comp.Med) ND R. Hom.
Practitioner Consultant Director

"Awesome presenter, great information, great dinner".

Jenny Barlass ND. Discover Naturopathy, Auckland

"Professional seminar, Doctor Wilson is an extremely knowledgeable as well as a charismatic presenter. This seminar is bound to change the way many will practice".

Kevin Tinker ND. Hawke's Bay

Complimentary Adrenal Fatigue CD Offer

Double Audio CD of the 2008 Adrenal Fatigue Seminar held in Auckland

The November 2008 Dr. Wilson Adrenal Fatigue seminar series was highly successful, and helped many New Zealand practitioners realise just how much stress affects us all, and plays a significant role in the development of chronic ill health.

The double CD audio set was recorded in high quality at the Crowne Plaza in Auckland on Monday, November 3rd 2008. Dr. Wilson speaks in total for 2 ³/₄ hours on what Adrenal Fatigue is, how to recognise it and what to do about it in terms of diet, lifestyle changes and specialised nutritional supplementation.



Adrenal Fatigue: The 21st Century Stress Syndrome. Adrenal fatigue is linked to several chronic conditions including frequent respiratory tract infections, allergies, autoimmune diseases, fibromyalgia, chronic fatigue syndrome, PMS, difficult menopause, loss of libido, accelerated ageing, chronic anxiety and depression and a host of other complaints. It is estimated that most New Zealanders and Australians suffer from some form of stress-related adrenal fatigue at some time, and statistics reveal that a high percentage of doctor visits are from stress-related complaints.

Although many realise that stress is a problem in their lives, few actually understand the physical ways in which stress impacts on their bodies and minds through the adrenal glands and the HPA axis, and fewer still know what they can actually do about it. Unfortunately, even today many health-care professionals still do not fully recognise the common and daily health conditions encountered which are produced by poor adrenal gland function, and may still treat the manifestations (symptoms) of hypo-adrenia. Patients suffering from low-grade adrenal fatigue have often tried many routes in treating their illnesses and have come to a crossroads in solving the puzzle that plagues their health. Many are left with the same problems unresolved, and may “doctor hop” from one practitioner to another seeking help.

By listening to the audio CDs you will gain a thorough understanding of the topic and how to treat it.

Register before the end of June and receive a complimentary copy of Dr Wilson's Adrenal Fatigue Double Audio CD. Value \$28.99 RRP.