

Adrenal Fatigue and Its Relationship with Metabolic Syndrome & Hypothyroidism Seminar

Learn from one of the world's most qualified functional medicine doctors
Dr. James Wilson. PhD, ND, D.C.



- ▶ Do you see fatigued, hypothyroid and metabolic syndrome patients in your clinic?
- ▶ Can you determine what stage of metabolic syndrome your patient is in and whether adrenal fatigue is a component of it?
- ▶ Do you know simple non-laboratory ways to differentiate metabolic syndrome from sub-clinical hypothyroid that can imitate metabolic syndrome or occur simultaneously with it?

- ▶ Dr. Wilson is one of few who have earned 3 doctorates and 2 master's degrees, all from different colleges, and all in different health-related disciplines. He received his Ph.D. in Human Nutrition from the University of Arizona, with research in Cellular Immunology. His doctorates in Chiropractic and Naturopathic Medicine are from the Canadian Memorial Chiropractic College and the Ontario College of Naturopathic Medicine (CCNM).
- ▶ Dr. Wilson is an acknowledged expert on alternative medicine, particularly in the area of stress, immunity and adrenal function, and is a highly respected and sought after lecturer in the medical and public communities throughout the world today. Dr. Wilson was invited to lecture at the Royal Society of Medicine in London in 2007 where he received wide acclaim for his pioneering work on stress and adrenal function.

Topics covered during the seminar include:

- ▶ Adrenal Fatigue, Metabolic Syndrome and the Cortisol tight-rope walk

Adrenal fatigue and metabolic syndrome are two different faces of a patient's underlying stress disorder. Learn how patients can be in phases of metabolic syndrome and adrenal fatigue at the same time and how other patients shift from metabolic syndrome into adrenal fatigue. To single out, diagnose and treat metabolic syndrome often leaves the patient only partly treated and limits the success of the practitioner if the underlying HPA axis remains unbalanced.

- ▶ Adrenal Fatigue and Hypothyroidism

The thyroid is intimately involved in responding to stress as a part of the body's systemic response. Learn how many adrenally fatigued patients often go into a hypothyroid state. It is easy to think that we are treating two different syndromes when in reality we are again seeing two faces of the "dragon of stress". Dr. Wilson explains how cortisol affects the thyroid gland and how proper adrenal and HPA treatment can help to optimise thyroid function.

Here is what NZ practitioners said about Dr. James Wilson's 2008 Adrenal Fatigue seminar:

"Thanks for the adrenal fatigue patient referrals, I must say that your Future Formulations products have been excellent and I have been having some great successes in the clinic with the program".

Dr. Steve Joe, Medical Doctor, Hamilton

"Thanks for coming out to NZ to raise our healing potential and educate people on adrenal management and giving us all a new awareness of optimal health".

Dr. Simon Roughan, Chiropractor, Christchurch

"I have learned a lot about adrenal fatigue from Dr. Wilson, and now have a different aspect of looking at my clients conditions in this stressful world. I see a lot of people out there who need adrenal help, and whatever conditions they have, I can usually see some connection between their under functioning adrenal glands and their clinical presentations".

Natsume Lines, B.H.Sc (Comp Med), Adv Dip Nat, Adv Dip Herb Med. Auckland

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Seminar Registration Venues

▶ Auckland

Monday 10 August 2009
Crowne Plaza, 128 Albert Street
Auckland - Ph: 09 302 1111 (5.00pm-9.30pm)

▶ Wellington

Thursday 13 August 2009
The Duxton Hotel, 170 Wakefield Street
Wellington - Ph: 04 473-3900 (5.00pm-9.30pm)

▶ Christchurch

Saturday 15 August 2009
Crowne Plaza Christchurch, Cnr Kilmore
& Durham Streets, Christchurch - Ph: 03 365 7799

Christchurch presentation is in the afternoon from
12.00pm-4.30pm includes a delicious buffet lunch

Dr. Wilson Seminar Investment*

Practitioners: \$65.00 (incl. GST) Students : \$50.00 (incl. GST)

**Seminar fee includes a delicious buffet dinner and all the notes Dr. Wilson will be presenting on the evening.*

**We request no digital/video taping or voice-recording of Dr. Wilson's presentations.*

**Your Certificate of Attendance for 3 hours of CPE will be available on the night.*



Dr. James Wilson.
PhD, ND, D.C

Dr. James Wilson's New Zealand Seminar Agenda 2009

- ▶ 5.00 pm Seminar Registration
- ▶ 5.15 pm Dinner
- ▶ 6.00pm - 7.30pm Adrenal Fatigue, Metabolic Syndrome and the Cortisol tight-rope walk
- ▶ 7.30pm - 8.00pm Coffee/tea Break
- ▶ 8.00pm - 9.00pm Adrenal Fatigue and Hypothyroidism
- ▶ 9.00pm - 9.30pm Q & A session

Registration is essential, all venues were fully booked last year. Ensure your seat this year by booking early.

Seminar Registration: Details



Payment Details

- Please charge my new Nutrisearch account, I will download a New Account Application Form from www.adrenalfatigue.co.nz, which I will return completed.
- Please charge my existing Nutrisearch account.
- I prefer to pay by way of cheque and have enclosed a cheque for \$ _____
- Please charge \$ _____ to my Visa or MasterCard
Card No: _____
Name on Card: _____
Expiry Date: _____

Practitioner: \$65.00(inc.GST) Student: \$50.00(inc.GST)

Your Details

Clinic Name: _____

Practitioner Name: _____

Address: _____

Phone: _____ Fax: _____

Email: _____

Which seminar venue will you be attending?

- Auckland Wellington
- Christchurch
- I have paid before the end of June, please send me my **FREE Double Audio CD** of last years seminar