

Adrenal Fatigue

The 21st Century Stress Syndrome

**What it is and how you
can recover**

- ◇ Energy
- ◇ Immune Resistance
- ◇ Vitality
- ◇ Enjoyment of Life

James L. Wilson, N.D., D.C., Ph.D.

Foreword by Johnathan V. Wright, M.D.

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By

James L. Wilson ND, DC, Ph.D.

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Thanks also to my 4 children who have faithfully cheered me on and sacrificed many hours of our time together so that this book could be written. I was especially touched when my 13-year-old son told me that what he wanted for his birthday was for my book to be finished. This book was indeed a family affair.

The user friendliness of this book has been enormously enhanced by the wonderful cartoons and illustrations done by Richard Capener. Richard's exceptional talents as an artist have perceptively and sympathetically captured the essence of adrenal fatigue.

I owe so much to people I have never met, especially the pioneering doctors of the 1920-40s who organized the various manifestations of adrenal fatigue into a recognizable syndrome. Their writings continue to inspire. I hope that this book will be true to their fine example and bring relief to the many who are suffering from this distressing but often hidden disorder.

Dedication

This book is dedicated to the late Dr. Leo Roy, my friend and mentor, who first brought my attention to the significance of the subtle functioning of the endocrine glands and how important they are in health and illness. Leo showed me the power of natural therapies and the importance of nutrition in health and disease. Many times I watched him take people on their last legs and rehabilitate them to full health, primarily using food concentrates and glandular extracts. He was a uniquely gifted physician whose absence is sorely felt.

About the Author

Dr. Wilson has helped hundreds of people with adrenal fatigue regain their health and vitality during his 24 years of private practice. For the past 10 years he has also lectured extensively to physicians and is acknowledged as an expert on adrenal function and other endocrine imbalances, and their impact on health. With a researcher's grasp of the science behind adrenal function and a clinician's understanding of its human impact, he has helped many understand the physiology behind the condition.

One of the few people to hold 3 doctorate degrees and 2 master's degrees, all from different disciplines, he received his Ph.D. in Human Nutrition from the University of Arizona, with minors in immunology, microbiology, pharmacology and toxicology. In addition, he holds degrees as a Doctor of Chiropractic and Doctor of Naturopathic Medicine. His master's degrees are in bio/nutrition and experimental psychology.

Dr. Wilson was also one of 14 founding fathers of the Canadian College of Naturopathic medicine (CCNM) in Toronto, Ontario. He is listed in *The International Who's Who in Medicine* (Cambridge, England) and currently resides in Tucson, Arizona.

About the illustrator- Richard Capener is a graphic artist, cartoonist and video producer living on his 50 acre farm in rural Ontario, Canada. E-mail: capenerrichard@hotmail.com.

Foreward

Tired, worn-out, just can't regain your normal energy no matter what you do or how many doctors you visit? You're about to read an important and badly-needed book. Despite an absolute flood of "health books" in the last decade, there have been none that describe the not-uncommon but mostly-overlooked problem of weak adrenal gland function in such a thorough but understandable way. The answers you're looking for may well be here.

Adrenal fatigue (technically called "hypoadrenia" and "hypoadrenalism") has been one of our most prevalent yet rarely diagnosed conditions for the last fifty years. Despite being described in medical texts in the 1800s, and despite the development of the first really effective treatment in the 1930s, most "conventional" physicians are unaware that the problem exists!

At Tahoma Clinic, our physicians work with several individuals every week who suffer from adrenal fatigue. Many have "made the rounds" to multiple physicians; most have had one or more recommendations to "see a psychiatrist, there's nothing the matter". Others have diagnoses that include chronic fatigue syndrome, fibromyalgia, and serious food and/or inhalant allergies. Others have been "congratulated" about their unusually low blood pressure. All have one thing in common: fatigue that 'simply can't be overcome'.

As Dr. Wilson explains so well, there is hope! Adrenal fatigue can be overcome, and energy restored. As with so many problems, recovery starts with making the right diagnosis, and uncovering as many of the factors that caused it to occur as we possibly can. Only then can we make and carry out a plan that'll help us recover.

Why is help for adrenal fatigue so hard to find? Many readers may have already guessed at "the usual suspects": money and politics. Money: there are no patentable treatments for adrenal fatigue produced by patent-medicine ("pharmaceutical") companies. There's just no "big money" to be made. Politics: Since the 1970s, the Food and Drug Administration

(FDA) has “outlawed” and actively persecuted one of the chief natural remedies for adrenal fatigue, an extremely safe remedy called adrenal cortical extract (ACE). [However, when ACE was produced by major patent medicine companies, from the 1930s through the 1960s, FDA had no problem with it.]

But back to Dr. Wilson’s book: very few physicians have read and understood the entire range of medical journal reports (one hundred years, and more!) about adrenal fatigue as he does. More importantly, very few have taken that kind of study and put it to use for over twenty years, helping patient after patient recover, while using entirely natural means. And he’s now taken his efforts even further, bringing all of his knowledge and experience to a public audience, reaching many more people than any one physician could personally see in many lifetimes.

But there is a warning: if you discover through reading this book that you may suffer from adrenal fatigue, you will need to do most of the work to achieve a recovery. As Dr. Wilson explains, there are lifestyle changes to be made, diets to alter forever (sometimes in a major way), vitamins, minerals, and herbs to swallow, tests to take and understand, and much patience required. Even ‘attitude’ and relationships sometimes need to be adjusted. While a knowledgeable physician can give guidance and coaching, she or he can’t do all of that for us! But all that effort will be worth it. If you have adrenal fatigue and ‘follow the program’, it’s extremely likely you’ll recover.

Fortunately, we now have this book to help with the recovery program. There’s more practical information here about “what to do about adrenal fatigue” than I’ve ever seen printed in one place. If you can’t get in to see Dr. Wilson personally, and want to work with a physician well-informed about adrenal fatigue, contact the American College for Advancement in Medicine (1-800-532-3688, www.acam.org), the American Association of Naturopathic Physicians (1-703-610-9037, www.naturopathic.org), or the International College of Integrative Medicine (1-866-464-5226, www.icimed.com).

Just one more note: As Dr. Wilson writes, the pioneers in researching and bringing information about adrenal fatigue to the public were John Tintera, M.D., and William Jeffries, M.D.. Dr. Jeffries book (*Safe Uses of Cortisol*) is in print, available in many natural food stores, compounding pharmacies, and through “on-line” sources. Dr. Tintera’s book (*Hypoadrenocorticism*) is long out of print, but photocopies may be obtained through Meridian Valley Labs, 1-253-859-8700. Readers interested in more technically-oriented information may wish to refer to these books.

Thank you, Dr. Wilson, for bringing us this book, and letting us all know that adrenal fatigue is a very real and not-uncommon problem, but most importantly, that complete recovery is very possible!

—Jonathan V. Wright, M.D.

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Kent, Washington,

Author: *Natural Hormone Replacement for Women over 45*

Maximize Your Vitality and Potency for Men over 40

The Patient’s Book of Natural Healing (with Alan R. Gaby, M.D.)

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Prologue

A Sorry Story of Adrenal Fatigue

Erica was an up-and-coming computer whiz, or at least she used to be. She loved the challenge of working in a field that was always changing. Her goal was to head her own software company within 10 years and, as a rising star in the industry, she took pride in her expertise and dedication. She already worked 12-hour days and most weekends and never said no to new projects. There was a reason the company facilities included showers, a free breakfast bar and even a few beds to crash in.

In February Erica caught the flu and was home for over a week. After that she had a hard time getting back up to speed and was sick with colds or flu several times during the next few months. None of the illnesses were serious but each time she seemed to be left with a little less energy.

Even when she wasn't sick, work felt like it required more effort than it used to. Her head often seemed cloudy and her concentration and memory were not as sharp as they had been. Even after a full night's sleep she still felt tired. Instead of rushing eagerly out of the door in the morning, she now had to drink two and sometimes three cups of coffee before she was ready to go. Despite the extra coffee, it was usually close to noon before she really woke up, and by around 3:00 in the afternoon she was often so lethargic and tired that she wanted to lie down. Erica noticed she had become more irritable and impatient with everyone and everything, including herself.

After 6:00 PM she usually felt better than she had all day, especially if she ate a decent supper. This energy surge lasted until around 9:00 to 9:30 PM when she began slowing down again. However, if she drank some coffee or just pushed on, by 11:00 PM she seemed to catch a second wind and could continue working quite easily until 1:00 or 2:00 AM. She often found she did her best work during those early morning hours.

Her food habits had changed as well. By mid morning, she was nearly always ravenously hungry and craved sweet snacks like doughnuts with her coffee. Often during the afternoon low she wanted really salty foods. If she skipped meals, as she had done easily in the past, her focus and concentration suffered. Regular meals definitely decreased the mental fuzziness, fatigue and other disturbing symptoms she was experiencing but, with her workload, she seldom put aside time for regular meals.

Sometimes by the end of the day, even when she had not been very productive, she felt utterly exhausted. She was also mildly depressed. Where she used to be optimistic, she was now discouraged, and instead of having goals to set the world on fire, she was now just trying to make it through each day.

Concerned about her deteriorating energy level and mental lows, she consulted her family doctor. Her doctor gave her a thorough check-up and ran some blood tests. At the follow-up visit he told Erica the test results were normal and that there was nothing wrong with her. His advice was to stop worrying so much and to take it easier. Erica told him that if she took it any easier, she would not have a job. The doctor responded with a prescription for an anti-anxiety medication that only made Erica feel worse. Although she consulted several other doctors, Erica got the same story from all of them - that there was nothing physically wrong. Instead, she ended up with a medicine cabinet full of prescription tranquilizers and anti-depressants, and a referral to a psychiatrist. Discouraged, Erica gave up trying to find an answer. She resigned herself to dragging herself through life, discouraged, depressed and continually fatigued.

Erica's story is a common one, but only one of the many and varied stories of the millions of people suffering from adrenal fatigue. This book is dedicated to people like Erica, to help them recognize and recover from their own adrenal fatigue.

Introduction

Why I Wrote This Book

For over 20 years in my practice I have witnessed the impact of helping people recover from adrenal fatigue, not just in terms their health, but also in their ability to feel happy. Happiness may be a “choice,” as far as popular thinking goes, but for those whose adrenal glands are “running on empty,” this choice seems almost out of reach.

Talking with other doctors in the United States and abroad, I realized that adrenal fatigue is a common and growing problem of modern life. Although I had suspected it, my conversations, research and clinical experience lead me to believe that we are dealing with a problem of monstrous proportions that is largely unrecognized by the medical establishment. This has left millions of people suffering from an untreated problem that interferes not only with their ability to function but also with their capacity to enjoy life. It is difficult to assess exactly how much money is lost by corporations due to worker absenteeism, poor or clouded decision making, alcoholism, drug abuse, “nervous breakdowns,” burnout, employee conflict, acute and chronic illness, loss of employees, and a host of other costly problems that stem from the effects of over-stressed adrenal glands. It is also not possible to estimate the personal cost to people who have to switch to a lower paying job to avoid a total collapse, or to the chronically ill who just do not have the energy to get back on their feet. People suffering from adrenal fatigue are much more likely to develop a host of other common diseases and syndromes in which fatigue is one of the primary symptoms.

Many of us who see this syndrome in our practices, time and time again, knew that a book like this one needed to be written, but I did not really want to be the one to write it. I waited and waited for someone else to do it, but despite my patience, no one did. Then one day, just after I had finished giving a lecture on the adrenal glands at the American College for the Advancement in Medicine (ACAM), a friend and prominent doctor stopped me on my way out and said, “Doctor, when are you going to