



## **Adrenal Fatigue: *The 21st Century Stress Syndrome***

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

Dr. Wilson is a naturopath and a chiropractor. This book is about the end stages of chronic stress and the collapse of the adrenal gland response to stress. Dr. Wilson uses lots of drawings, charts and cartoons to make his points. Despite nearly 350 pages of text, it is easy to read and understand. He assists the reader in determining if they have adrenal fatigue and gives insights into the causes and the nature of the condition. Part Three is titled, "Helping Yourself Back To Health" and covers the suggested treatments of adrenal dysfunction.

This text is often quoted and is considered by many to be a basic reference. The physiology in the book is largely correct.

### **As I often do, I have some caveats:**

On page 274 Dr. Wilson says, "It is possible that we experience more stressful events in a year than our ancestors experienced in a lifetime." I strongly disagree. Our ancestors were under major stress all of the time — when the stress overwhelmed their ability to cope, they died. Very few people lived into old age. It is my belief that famous old men like Ben Franklin must have had very strong thyroid, adrenal and sexual glands. Men like Mozart and Lord Byron probably had weaker hormone systems and died young of disease. Modern allopathic and holistic medicine can help people live and stay healthy despite having weaker hormone systems.

Adrenal failure is very complex. I have read many and wide-ranging solutions and have not found any golden key that works for all patients. I am still seeking solutions for this condition. As individuals, I advise patients to keep learning what is best for them.

Unfortunately, this book is also an infomercial. Wilson's website sells a variety of supplements and extracts. Since he is not an M.D., he cannot use prescription drugs. Dr. Jefferies is an M.D. and recommends a low dose of oral cortisol. His book is often quoted, but I have not found his therapy to work very well in most patients. The search continues.

Robert P. Goldman, MD