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Adrenal Function in Chronic Fatigue Syndrome and Fibromyalgia

The practicing pharmacist needs to be aware of the more common illnesses that affects their clients. Both chronic fatigue syndrome and fibromyalgia are seen by pharmacist frequently and because of the failure rate of treating both of these illnesses by conventional medicine, suffers are constantly looking for options, including asking their trusted pharmacist for help. This presentation will review the criteria for proper diagnosis for both chronic fatigue syndrome and fibromyalgia. Included in this presentation will also be irregularities in adrenal hormones often seen in both of these illnesses, along with some of the key signs and symptoms, clinical tests and laboratory tests for low adrenal function also known as adrenal fatigue that often accompanies and appears to contribute to the pathophysiology of these illnesses.

The presentation will conclude by presenting individualized treatment options to allow the pharmacist to develop a personalized treatment protocol for their clients. Knowing this information puts the interested pharmacist far ahead of the usual pharmacy allowing them to provide a unique and valuable service to their clients resulting in increased business and profits while being of tremendous service to their community.



James L. Wilson, ND, PhD

Dr. James L. Wilson is an internationally recognized authority on stress and sought-after speaker at prestigious medical conferences around the world. In 1998, he coined the term “adrenal fatigue” to describe a distinct, diagnosable syndrome, and his best-selling book, *Adrenal Fatigue: The 21st Century Stress Syndrome*, has been translated into seven languages. He

has contributed significantly to the clinical understanding of stress, nutrition and endocrine function, and the key role adrenal dysfunction plays in many conditions from menopause to cardiac arrest. With a researcher’s grasp of science and a clinician’s understanding of its human impact, Dr. Wilson has helped pharmacists learn how to recognize and work with adrenal fatigue, as well as how to improve the effectiveness of hormone replacement and thyroid therapy by optimizing adrenal function. The clinical tools he developed for stressed patients, including a diagnostic adrenal fatigue questionnaire and targeted dietary supplements under the brand name Doctor Wilson’s Original Formulations, are widely used by physicians and pharmacists.