

Dr. Alfred J. Plechner has been a practicing Veterinarian since 1968. Some of his other accomplishments include:

- Wildlife refuge founder
- Published author
- Animal advocate
- Pet food pioneer
- Medical consultant
- Research immunologist
- Research and formula consultant

Website: drplechner.com

This is an excerpt from Dr. Jonathan Collin, MD, editor-in-chief and publisher of the Townsend Letter, in a [Letter from the Publisher](#) of the [December 2008 issue](#) of the Townsend Letter. Dr. Jonathan Collin is an MD specializing in adult medical care with emphasis on nutritional and alternative medicine.

Alfred Plechner on Adrenal Dysfunction

Veterinarian Alfred Plechner has been a vocal proponent of the under-diagnosis of hypoadrenalism and hypothyroidism in animals. He has observed that reproductive failure in dogs, cats, horses, and other animals is frequently the direct result of insufficient thyroid and adrenal hormones. Plechner has observed that excess estrogen aggravates the deficiency of thyroid and adrenal hormones and interferes with the fertilization process. Moreover, Plechner has observed that deficiency of thyroid and adrenal hormones as observed on blood studies is often accompanied by excess estrogen and decreased immunoglobulins, especially IgA. Beyond the obvious implications in treating infertile animals as well as dogs and cats debilitated by aging and fatigue, Plechner makes the case that humans suffer the same age-related hormone deficiencies. Plechner cites the work of William Jeffries, MD, who used low-dose cortisol to support fatigue, allergies, and inflammatory disorders. Plechner writes in this issue that his use of low-dose cortisol in animals has not led to serious adverse effects typical of high-dose, long-term steroid therapy.

You can [read the rest of this letter here](#) as well as read the [December 2008 issue](#) of the Townsend Letter.