

# Sick Syndrome

Check and see how many of the following complaints you often have:

- Depression
- Anxiety
- Brain fog
- Fatigue
- Hopeless
- Lack of joy
- High sensitivity to pain
- Sleep disorders
- Cognitive decline
- Difficulty with weight control; in some cases obesity

Sick Syndrome, as named and initially identified by Gina Nicks, PhD, ND, is a newly diagnosed disorder that correlates to an increased production of inflammatory messenger chemicals whose excessive production is triggered by obesity, chronic stress, blood sugar imbalance, food sensitivities, infection, hormonal imbalances, and inflammatory diseases like cancer, rheumatoid arthritis, some neuropathologies, some cardiovascular conditions, insulin resistance, among others.

Some peer-reviewed research may be found at [www.sicksyndrome.com](http://www.sicksyndrome.com). Remember, no matter what you may call it, these inflammatory messenger chemicals reach every cell in the body, from the brain to the toes. Much research conducted over many years has concluded that chronic inflammation affects immunity, energy production in cells, appetite, and various centers of the brain.

By no means is Sick Syndrome the only reason you may have one or more of the complaints in the list at the top. It is important, always, to have your symptoms evaluated by the appropriate healthcare professionals so that other findings can be considered and treated.

However, Sick Syndrome is a consideration that I believe is legitimate and may be part of the pathology of many complex conditions that include the kinds of symptoms listed above. It can be treated. If it is a great deal of the reason you feel the way you do or it is less than a reason, treating it can help bring relief and a sense of rejuvenation. Certainly, treatment can bring a sense of hope. And, that is a strong “medicine”, itself.