

Is **N!S** affecting your health?



This very common and highly contagious affliction is a major cause of suffering and death, yet few people are even aware of its existence, its treatment or its cure.

Watch out!



All of us, at one time or another, will be victims of this curse and we should know how to identify and treat it. A thorough study of **N!S** and its effects will greatly enhance the quality of our lives.

What is **N!S**?

N!S is not just a sickness or disease, it is a syndrome producing multiple symptoms. It is highly contagious and is easily contracted from other **N!S** sufferers. **N!S** is usually associated with the teenage years, but can strike anyone at anytime. This dreadful and destructive force must be eradicated at the source.



Do a quick test and find out if you are at risk.



Section A:



Precursors to the N!S syndrome

1. Feelings of UNWORTHY-N!S

Definition:

To feel contemptible, without honor and not esteemed of any value.

Feelings of unworthy-N!S often result from negative attitudes and behaviors of other **N!S** sufferers towards you. These feelings are often accompanied by feelings of guilt and shame.

Warning! Prolonged exposure to **feelings of unworthy-N!S** can cause it to regress into **feelings of hopeless-N!S** .



2. Feelings of HOPELESS-N!S

Definition:

**Experiencing an impossible situation.
Having a bleak perspective of the future.**

Hopeless-N!S depletes you of energy and vigor, giving you a lack-luster appearance. You will speak negatively and even hatefully. You will not be able to sleep well and accordingly will also be lacking in concentration.

Warning! Early **N!S** symptoms like this can be very contagious under shared circumstances.



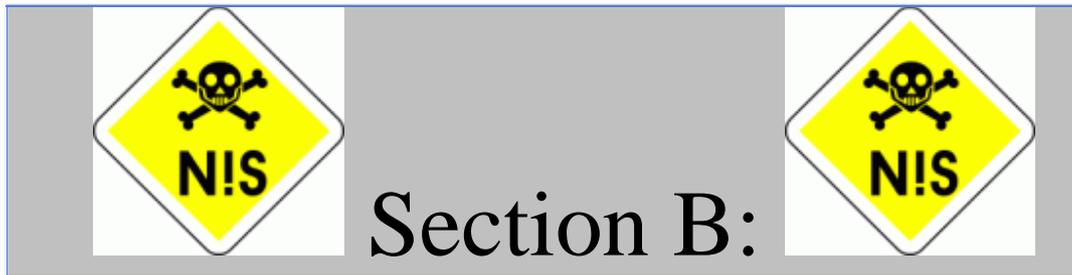
3. Feelings of PURPOSELESS-N!S

Definition:

**Feeling meaningless and pointless.
Feeling empty, hollow and insignificant.**

You will be without goals of any consequences. Everything you do feels like a chase after the wind. Nothing will have meaning or makes any sense to you. You can think of nothing better than doing nothing for as long as possible. Sometimes you will feel like working, but then you would go and lie down to make that feeling subside.





Syptoms of the N!S syndrome

1. SHY-N!S

Definition:

Nervous or timid in the company of other people.

You will have a specified dislike or aversion to speaking in front of other people through **nervous-N!S** or lack of confidence.

Note: **Shy-N!S** is a less serious secondary affliction. The primary affliction is usually **scared-N!S** or **fearful-N!S**, masquerading as **shy-N!S** and hiding behind its seemingly innocuous facade.



2. STUPID-N!S

Definition:

Lacking intelligence or common sense.

Dazed and unable to think clearly. Often confused with **childish-N!S**. The difference being that **childish-N!S** is voluntary.

Stupid-N!S is not normally a **N!S** symptom, but can cause **N!S** in other people. Typically, it is a cause of **angry-N!S**, but can also cause **painful-N!S**.



3. BUSY-N!S

Definition:

Being actively/fully engaged.

This seemingly innocent activity must never be underestimated as it is one of the main causes of broken relationships and even divorces.

Busy-N!S is also the underlying cause of many other variants of **N!S**.



4. ABSENT-MINDED-N!S

Definition:

Inattentive or forgetful.

As with **Lazy-N!S**, this can be displayed by an otherwise normal person.

Absent-minded-N!S can also be indicative of inner turmoil which can suddenly explode and produce full-blown **N!S** symptoms.

Gentle coaxing might produce relief, but it is not guaranteed.



5. LAZY-N!S

Definition:

Apathy and inactivity in the practise of virtue.

This might not necessarily be an indication of true **N!S**, but can be a symptom. Some people can have **Lazy-N!S** and be otherwise healthy. Don't judge too harshly at first. Check for other symptoms as well.



6. SAD-N!S

Definition:

Wistful, woeful, sorrowful, forlorn.

Sad-N!S is often confused with **lazy-N!S**, but it actually belongs to a different brand of **N!S** altogether. **Sad-N!S** and **hopeless-N!S** are often accompanied by **drunken-N!S**.

Sad-N!S generally causes **sick-N!S**.



7. DRUNKEN-N!S

Definition:

Addicted to and habitually under the influence of alcohol.

Very closely related to **busy-N!S** and **sad-N!S** and often caused by them. If associated with other forms of **N!S** such as **angry-N!S** or **foul-tempered-N!S**. This can lead to **sick-N!S** and even **dead-N!S**.



8. UNFAIR-N!S

Definition:

**Doing injustice through deception or partiality.
Taking unfair advantage.**

Leading to an intense seeking for (unattainable) restitution, often accompanied by feelings of rage, hatred and revenge.

Can easily lead to **astonished-N!S**, **childish-N!S** and worse!



9. FRUSTRATED-N!S

Definition:

Annoyed, thwarted or prevented from success.

This is an intermediate symptom of **N!S**.

Do not attempt to treat it with platitudes. Not only will it aggravate their symptoms, you will also run the risk of infection.



10. IRRITATED-N!S

Definition:

Easily annoyed.

This is often an early symptom of **N!S**. It can easily be treated, but left to its own devices, it will develop into something much worse.

[Picture: severe form of **irritated-N!S**, bordering on **aggressive-N!S**]



11. CHILDISH-N!S

Definition:

Indicating lack of maturity and displaying infantile behavior.

Displaying behavior appropriate to a child. Being silly and immature. This might look funny on the surface, but is not a joke. People displaying childish behavior have real deep-set problems!



PS. If I haven't mentioned this before, you must never argue with people that have **N!S. You run the risk that they will draw you down to their level so that they can beat you with experience!**

12. PERPLEXED-N!S

Definition:

Befuddled, bewildered, baffled, dumbfounded, amazed, confused and mystified.

This is sometimes brought about by **absent-minded-N!S** or **stupid-N!S**. In these cases it is very treatable. If caused by **unfair-N!S** it will probably turn into **astonished-N!S**.



13. ASTONISHED-N!S

Definition:

Astounded, foxed, stupefied, puzzled and flummoxed.

Related to **perplexed-N!S**, but much more severe.

Astonished-N!S can very quickly regress to **childish-N!S** and even **malicious-N!S**. Handle with care.



14. RUDE-N!S

Definition:

Socially incorrect. Lacking civility and good manners.

Rude-N!S is a highly contagious, but borderline **N!S** affliction that primarily causes **angry-N!S** within those in close proximity. Treat immediately. If left untreated, it will turn into **malicious-N!S**!



15. NAUGHTY-N!S

Definition:

Disobedient, badly behaved, rude or indecent.

If it is done with a smile, or as perceived fun, it might be normal and you shouldn't worry. Otherwise, handle with care, as this might be a consequence of **irritated-N!S**. In extreme forms it can even be indicative of **malicious-N!S**.



16. MALICIOUS-N!S

Definition:

Intent to do harm.

This is the extreme form of **Naughty-N!S**.

Unless it is treated, it will lead to violence.

NOTE! Treatment should only be attempted by qualified **N!S-perts**.



17. ANGRY-N!S

Definition:

Belligerence aroused by real or supposed wrong.

Angry-N!S is very contagious and contact with carriers should be avoided. Can lead to violence. Handle with utmost care. When **angry-N!S** and **malicious-N!S** merge, much worse types of **N!S** can result!

Warning! Don't argue with a person that has **N!S**.

You are making yourself very susceptible to infection.



18. AGGRESSIVE-N!S

Definition:

Belligerent and eager to fight.

Aggressive-N!S is a precursor to **foul-tempered-N!S** and often leads to hypertension, heart-attacks and strokes. Very contagious.



19. FOUL-MOUTHED-N!S

Definition:

Using foul or obscene language.

This is often accompanied by **foul-tempered-N!S** and can actually alleviate the symptoms of thereof, but at the cost of increasing contagion. Warning, this is the most contagious of all types of **N!S!**



20. FOUL-TEMPERED-N!S

Definition:

An attitude that is dirty, filthy or smeared with offensive matter.

This is an intense form of **angry-N!S**. Patients are not usually open to treatment and not willing to see reason. Extreme measures might be required. This is true full-blown **N!S**. Treat immediately!



21. VICIOUS-N!S

Definition:

Deliberately harmful and disposed to inflicting pain.

This is the extreme form of **foul-tempered-N!S**.
Extremely contagious. Avoid contact at all costs!
Flee! Your life is in imminent danger!



22. SICK-N!S

Definition:

Not in good physical or mental health.

N!S normally manifests as a change in mental health,
but if it continues for a length of time, it will set over into physical
symptoms called **sick-N!S**.

Most common are head-aches, increased blood-pressure and hyper-
tension. In extreme cases this can lead to heart-attacks and strokes.
You can die!



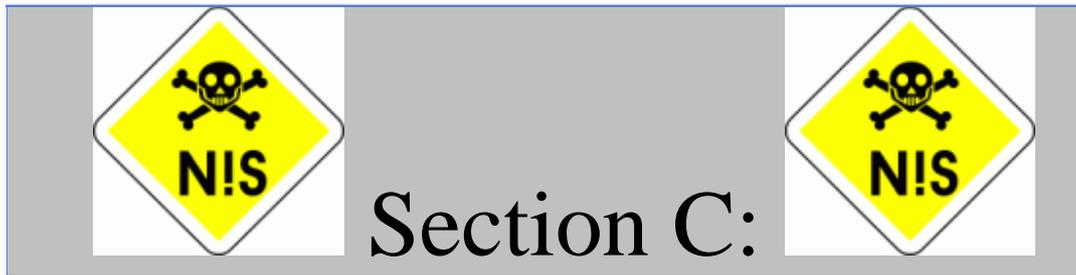
23. DEAD-N!S

Definition:

**No longer having or seeming to have life.
To stop existing consciously. To be extinct.**

This is ultimately the end result of all **N!S** cases.
Dead-N!S is untreatable and usually final.





Answers to NIS

NIS is a syndrome. As such there is no quick-fix medication for **NIS** sufferers.
The process of healing however, is well-documented.

To read more about God's solution to sin, go to <http://www.gladiatorsforgod.com>.

This e-Book may be given away freely.
**You are welcome to place it on your website or e-zine, or even use it as
a bonus in addition to your own products, but you are not allowed to
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