

Can Stress Really Make Us Sick?

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The Washington Post:

It seems like a no-brainer that stress may make us more likely to succumb to viruses and other infections, but that's a tough connection to make scientifically.

For starters, it would not be ethical to test the idea by putting people under extreme stress and exposing them to dangerous infections in the laboratory. But some scientists have nonetheless found ways to study the problem. Their findings show that the picture is more complicated than the notion that too much stress can overwhelm the immune system.

Read the whole story: [The Washington Post](#)