

WEATHER

NaturoMedic.com (2015) All Rights Reserved



The weather doesn't have to control your life. If you are adversely affected by the weather, talk with your NaturoMedic Naturopathic Doctor, as we may have a treatment solution for you!

How Do Changes In Weather Affect You?

Many people find that changes in weather affect how they feel and can even trigger negative health effects. If you live in the Great Lake region, no doubt you or a friend have symptoms caused by the weather. These changes include temperature fluctuations, humidity, atmospheric pressure, as well as rainy and overcast weather.

Some of the ways weather can affect your body include:

- Headaches and migraines
- Rheumatic pain
- Scar pain or "phantom pain"
- Dizziness
- Trouble sleeping
- Fatigue, lethargy
- Poor concentration
- Irritability, aggressive behaviour
- Anxiety or depression
- Heart and circulatory irregularities
- Exacerbate asthma and allergies
- Trouble controlling blood sugar

DID YOU KNOW?

Changes in barometric pressure tend to be responsible for muscle and joint pain. A pressure change means that the weight of the air has fluctuated, which is also directly related to moisture in the air (such as rain). Joints are mainly affected, because there are more baroreceptors in these areas. Pressure changes cause joints to swell, leading to increased pressure and pain.

Water goes where salt is. We have salt in our blood and no salt in the air, so water would penetrate our bodies, going towards the salt. This causes blood vessels in the head to dilate when the pressure or temperature increase. Dilation of vessels puts pressure on nerves and causes the pain experienced during a headache or migraine. Similarly, pressure differences in sinuses can cause pain, especially if there is inflammation or nasal congestion.



What Is Your Weather Personality?

Geomagnetic Activity

The earth's magnetic activity can have an impact on your health. In fact, its magnetic field is partly what animals rely on for navigation (such as migrating birds). While humans are not consciously aware of the effects of the geomagnetic field, we can be affected by fluctuations in magnetic activity, including cardiovascular, psychiatric, and behavioural changes. The hypothalamic-pituitary-adrenal (HPA) axis can also be affected, which can impact the body's response to stress. Some studies have even found that low geomagnetic activity causes more melatonin release, affecting sleep cycles and dream activity.

The K index is used to measure geomagnetic activity, which directly affects at least 10-15% of the population. You can monitor changes of the K index at <http://www.swpc.noaa.gov/products/planetary-k-index>.



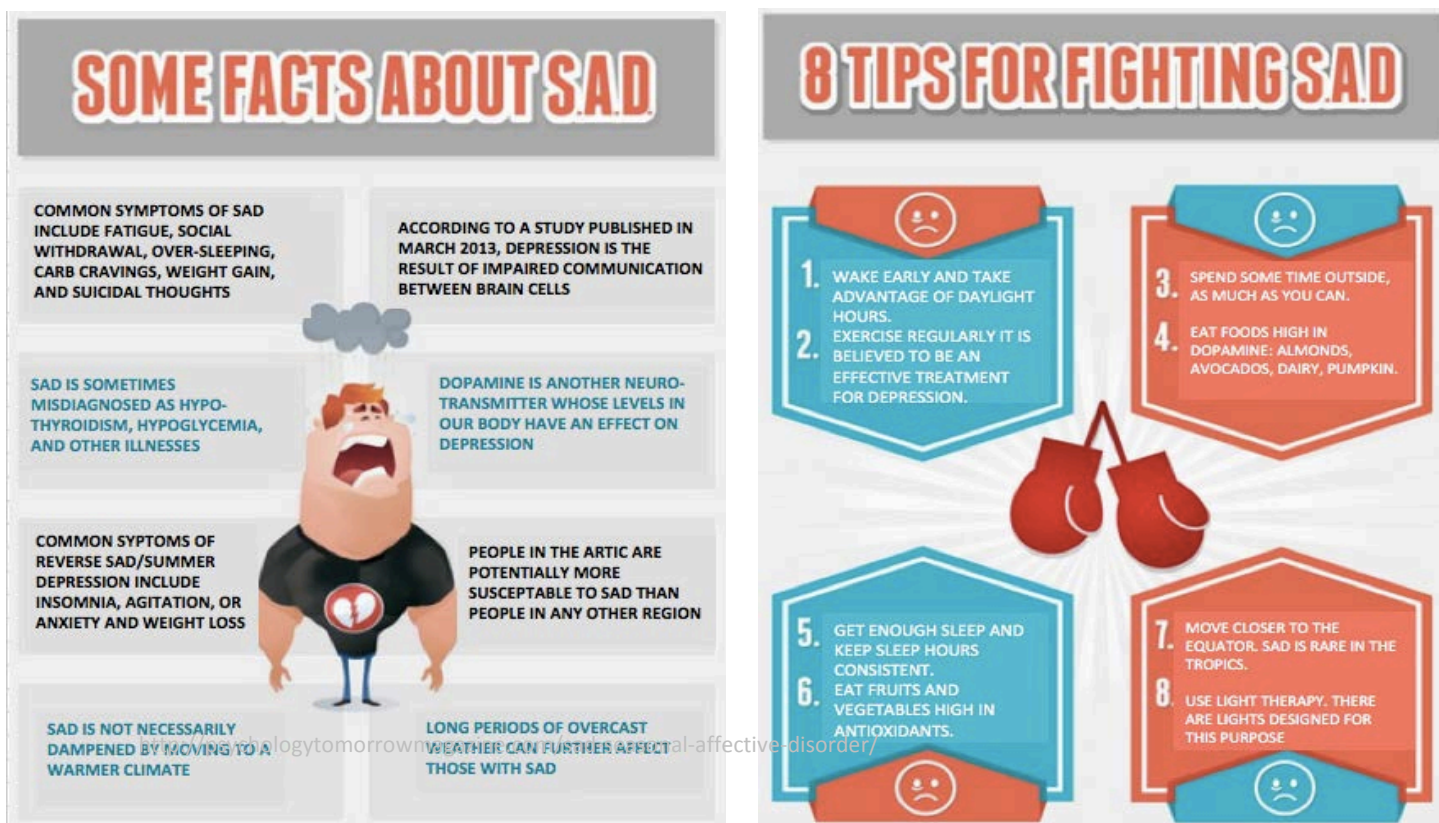
Studies have found that the effects weather have on your mood depend on your weather personality. This usually relates to the type of weather you like and dislike, as well as how sensitive you are to your environment. Some personality types include:

- **Summer Lovers** (17%) are happiest on warm, sunny days. Rainy days tend to provoke unhappiness, anxiety, and even anger among these individuals.
- **Summer Haters** (27%) tend to be grumpier and impatient with increased temperatures and hours of sunshine.
- **Rain Haters** (9%) often overlap with summer lovers to a certain degree. Gloomy days rain on their parade, causing them to feel drowsy, low in energy, and even sad.
- **Unaffected By Weather** (48%)

Despite these trends, you don't have to let weather affect your mood. By making the most of a situation, you empower yourself to choose your mood. Examples include heading to the pool on a hot day or enjoying a good book on a rainy day. Life doesn't always go as planned and being adaptable to change can help you to see the good in less-favourable circumstances.



Seasonal Affective Disorder



How To Read The Weather Without A Weather Forecast

In general, major storm fronts travel west to east, following the jet stream. With this in mind, it is possible to predict pressure systems and rain as early as 3 days in advance.

WIND – easterly winds indicate an approaching storm front, while westerly winds suggest good weather.

CLOUDS – on winter nights, cloud cover implies warm weather as it prevents heat radiation and keeps the warmth in.

TREES – the leaves of oak and maple trees curl and turn upwards in high humidity, usually indicating heavy rain to come. Pine cone scales will stay closed in high humidity, but will open with dry air.

RAINBOWS – if seen in the west means rain is coming, while a rainbow in the east (at sunset) suggests the rain is on its way out. **"A Rainbow in the morning, need for a warning."**

SKY – A red sky at sunset (west) indicates a high-pressure system with dry air moving towards you. A red sky in the morning (east), suggests

the dry air has moved past and a low-pressure system with moisture is moving in. **"Red sky at night, Sailor's delight. Red sky in the morning, Sailors take warning!"**

MOON – a reddish or pale moon means good weather. A bright and sharply focused moon means a low-pressure system is moving in with rain. A ring around the moon is associated with a warm front and moisture, meaning rain within 3 days. **"Circle around the moon, rain or snow soon."**

ANIMALS – birds tend to fly lower with falling pressure due to discomfort in their ears. Some may stop flying and take refuge when a storm is coming.

Cows often lie down before a thunderstorm or will group close to one another.

MISCELLANEOUS – Salt in the salt-shaker may clump with humidity and wood swells (such as with door frames and sticking doors). Both indicate incoming rain.

For more information, read the Weather chapter in our book :

My Health Navigator.

Available at our front desk and on Amazon.ca or .com



To see if Weather is a factor for you, take the quiz at myhealthnavigator.info
COMING SOON!

References

Content

Grohol, J.M., 2014. World of Psychology : *Can Weather Affect Your Mood?* Accessed August 12, 2015. Retrieved from <http://psychcentral.com/blog/archives/2014/08/29/can-weather-affect-your-mood/>.

Hauser, A., 2014. The Weather Channel: *13 Way Weather Affects Your Health Without You Knowing*. Accessed July 17, 2015. Retrieved from <http://www.weather.com/health/news/13-ways-weather-affects-your-health-without-you-knowing-20140613?pageno=2#/14>.

Kaiser, M., 2009. *Weather Sensitivity*. Accessed July 23, 2015. Retrieved from http://www.manfredkaiser.com/weather_sensitivity.html.

Nall, R., 2014. The Nest: *The Effects Of Barometric Pressure On Joints And Muscles*. Accessed August 12, 2015. Retrieved from <http://woman.thenest.com/effects-barometric-pressure-joints-muscles-5192.html>.

Callaway, E., 2009. New Scientist: *Sweet Dreams Are Made Of Geomagnetic Activity*. Accessed August 13, 2015. Retrieved from: <https://www.newscientist.com/article/dn16871-sweet-dreams-are-made-of-geomagnetic-activity/>.

Palmer, S.J., Rycroft, M.J., Cermack, M., 2006. *Solar and geomagnetic activity, extremely low frequency magnetic ad electric fields and human health at the Earth's surface*. Surveys in Geophysics, 27(5): 557-595. (<http://link.springer.com/article/10.1007%2Fs10712-006-9010-7>).

Barribeau, T., 2012. *Scietific Evidence That Geomagnetic Storms Are Making You Sick*. Accessed August 13, 2015. Retrieved from <http://io9.com/5893284/scientific-evidence-that-geomagnetic-storms-are-making-you-sick>.

Survival Life, 2015. *Is Climate Change Ruining Your Life?* Accessed August 13th, 2015. Retrieved from <http://survivalife.com/2014/07/11/is-climate-change-ruining-your-life/>.

Images

<https://weather.yahoo.com/united-states/washington/seattle-2490383/>

<http://psychologytomorrowmagazine.com/sad-seasonal-affective-disorder/>

<http://freedesignfile.com/tag/four-seasons/>

<http://sites.psu.edu/siowfa14/2014/10/19/does-weather-affect-your-mood-2/>