**Doc’s Spoonful of Medicine**

**#13 No doubt about it: Fletton WEATHER is good for your health.**

Recently, a lot of the news has been about the extremes of weather around the world. However, have you ever stopped to ponder whether the weather has any value for your health? You may say that “obviously bad weather is bad for your health”, but we are all so different that one Flettonian’s bad weather is another’s good weather. Some like it hot and some like it cold, for instance.

“Oh no it’s raining again.” Well, we know from Doc’s “Water” edition, how important fresh clean tasty Fletton tap water is for the health of your kidneys, brain, eyes, and skin in particular. It has to fall as rain. INNIT?! So, I for one, love to walk in the rain (suitably prepared) to celebrate rain. “If you are caught in a rain shower, and you can see, hear, and feel the rain, then you are indeed lucky!” It means that all your senses are working well. I personally add “and if you can taste the rain”, opening my mouth periodically, to the falling rain and the grey sky, while I walk. Remember, a small 100mls - 125mls cup of water every couple of hours is the most efficient way to stay constantly well hydrated for good organ health. For diabetics, plain water even helps you to manage your blood sugar.

“It’s a bit windy out there.” Fresh air dilution of germs prevents serious illness after contact with infective air-borne agents. This is especially important for viruses, by maintaining a “low viral load” (particularly pertinent for CoVid-19, as in Doc’s “CoVid Stuff”). Keep your internal doors open and your windows ajar or vented or open. If you are cold, wear warmer clothes, but remember that the key to surviving the Covid pandemic is fresh air. Immunity, even after double jabs, can wane after some months, but low viral load contact does what it says on the tin (or vial), vaccinated or not. So, get out in that wind and celebrate it, gustily. Yo, Youngsters, especially You’all. Get away from that X-Box or PlayStation and go to the local park. Even if you suffer from hayfever, staying indoors, year after year, will not make it less fierce whereas country dwellers know that after your initial move from the city, your hayfever improves in the countryside, in time. Your immune system learns. Also, asthma crises mostly occur indoors, between dusk and dawn, when dust mite count is highest.

“It’s very sunny today, we must get out (with sun-cream).” The u.v. (invisible) part of daylight, especially in Summer is crucial for the skin to make Vitamin D3, but the visible sunlight hitting the back of the eye is helpful for generating happiness making brain hormones. This is the basis of why “Winter Blues” or “S.A.D., Seasonal Affective Disorder” starts to lift in late Spring and early Summer. So, get out there, Flettonians, and sample the sunny weather. You will feel a lot better for it.

“Is it not too cold to go out?” Well, the cold fresh Fletton air is good for clearing a blocked nose and also that muzzy head after a night out, or a tad too much of that single malt, or that “go on, then, just one more glass”. Indeed, a walk in the cool night air helps you and the baby to sleep (young parents), by cooling the head (without Paracetamol or Ibuprofen), while maintaining a high enough core body temperature to deal with that viral infection. “No, you didn’t actually take Great-Granny literally, and give that expensive digital thermometer to the charity shop, did you?”

I can’t remember the last time Fletton was snowed in, or flooded, or had an earthquake, or a volcanic eruption, or forest fires, but I do know they happen elsewhere. Their health benefits are to say the least, limited. We are blessed with “Goldilocks weather” in Fletton, i.e.: “just right”! I don’t call this area, “God’s Favourite County” for no reason. Weather (Yes, I know it is “whether”) you fear global warming, or not, do not be afraid to go out and enjoy the health benefits of the weather today, whatever it dishes up, Dear Flettonians.