

The weather plays a role in almost all human health. From the moment of conception, we are genetically pre-disposed to sensitivity of sorts to one or more weather, environmental, elements. It's frequently said that fall is flue season because people move indoors and gather in groups. One issue I see is that in the northern portions of the country, where dry heat warms us, the lack of moisture indoors dries and cracks the inside of our nose. That opens the door to any pathogen available.

Just saying, weather or some aspect of the environment always plays a role, lead or supportive. Any preventive is useful, so if dry nose is a problem either increase the moisture in the fall and winter home or make judicious use of saline solution to keep the mucus membranes of your nose soft and subtle. Talk to your physician about alternatives.

Caveat: I am not a physician. I am a meteorologist with a specific point of view. I think weather matters. Talk to your physician before doing anything that involves your health. This is not a medical site.

Posted by [Albert Peterlin](#) [October 17, 2020](#) Posted in [Uncategorized](#)

Weather is a complex amalgam of independent and related environmental parameters, all with a potential impact on human health. Each of us is born with some degree of genetic predisposition to the weather, and one of our goals is to capture the variability of the weather and the individual's genetic predisposition to it.

By keeping a weather risk or impact diary, individuals can discover the subset of individual or complex weather patterns that trigger, activate or mitigate, the migraine cycle. Then, by applying what is learned from the diary, we can more accurately predict the potential for a future migraine attack.

Using that prediction, patients can select preventive migraine therapies with advice from their physician, or at a minimum promote and practice healthy lifestyle practices to lessen the intensity or surprise of anticipated attacks.

Even if interventions cannot preempt an attack, knowing the risk of an attack is elevated, lifestyle adjustments can be made to provide some psychological benefit.

Posted by [Albert Peterlin](#) [October 10, 2020](#) Posted in [Uncategorized](#)

Thank you for visiting our site. Weather has an impact on human health. If you feel you are sensitive to weather, please join us take part in our study group. And, as a result, you can see a 3 day ahead prediction on how weather could trigger your condition. There are many triggers for migraine, and weather is one of them. Join us and see how it impacts you.

Posted by [Albert Peterlin](#) [April 14, 2020](#) Posted in [Uncategorized](#)

Weather matters and we know it. Weather impacts every aspect of our lives, including our health. When you join us as a registered user, please consider joining our study group. Keeping a

diary helps you recognize when the weather impacts you, and it helps us to better recognize how and when the weather risk elevates for you as an individual. Thank you for visiting. The Vitality index for the current day is useful, but having the day day prediction allows for making well founded adjustments.

Posted by [Albert Peterlin](#) [March 11, 2020](#) Posted in [Uncategorized](#)

The first week of March 2020 is momentous for The Patient and The Weather. While we have been studying the relationship between weather and human health for years, this is the week The Patient And The Weather starts working with beta test users. Welcome! Weather may not cause our pain, but it plays a role far to familiar. It's time to look behind the curtain.

Posted by [Albert Peterlin](#) [March 6, 2020](#) Posted in [Uncategorized](#)

Sunday: Feb 9, 2020: This past week was a high risk period for headache for much of the eastern half of the nation. The next few days are more benign on average. The focus of attention will shift to the Central and Northern Plains early in the period. Southern California risk will spike on the Tuesday the 11th.

Posted by [Albert Peterlin](#) [February 9, 2020](#) Posted in [Uncategorized](#)

ERREx, Inc is proud to announce it has received notice of allowance for its USPTOP patent application "Methods for Determining Risk and Treating Diseases and Conditions that Correlate to Weather Data."

Posted by [Albert Peterlin](#) [February 1, 2020](#) Posted in [Uncategorized](#)

Jan 29: A rather benign weather induced risk of headache is ending. New England and the Pacific Northwest are points of risk today into February. Southern California into New Mexico will be areas of elevated risk by the 31st. And, even balmy S. Florida shows rising headache risk from the Jan 31st into Feb 2nd.

Posted by [Albert Peterlin](#) [January 29, 2020](#) Posted in [Uncategorized](#)

Jan 27: Headache risk reaches moderate levels across New England on the 28th and 29th. Florida headache risk rises to moderate to high levels on the 29th into the 30th with humidity rising on the 29th and instability into convection arriving with rising surface pressure.

Posted by [Albert Peterlin](#) [January 27, 2020](#) Posted in [Uncategorized](#)

Each of us is genetically predisposed to respond to the environment (weather) around us. That atmosphere is a soupy mix of solids, liquids and gases from many sources with a range of sensory implications. The key we need is the ability to recognize what parts of the mix stimulates our bodily response, physically or emotionally.

The weather matters, and you know it affects you!

This is a site dedicated to helping you monitor and understand how and when weather impacts your health, your mood and your well being.

Posted by [wxazygy](#) January 26, 2020 Posted in [Uncategorized](#)