

Health Bulletin

Does bad weather affect your health?

When it rains, my knee joints start to ache.



Are you ok? You seem to be in pain.



I'm not good at keeping a diary, but maybe I'll give it a try and keep a health journal for a month.



It can serve as a clue to understanding your own physical condition and also be helpful when you get sick!



I want to know if my physical condition is influenced by the weather.

Do you experience any health issues during rainy days or when the seasons change?

Health journal

Weather or meteorological conditions like temperature, air pressure, and humidity are sometimes associated with causing discomfort, and this is referred to as "meteoropathy". This terms describe the symptoms that occur due to these conditions but are not formal name of a disease. Furthermore, there isn't always a clear cause-and-effect relationship between weather or meteorological conditions and physical discomfort, so individual experiences may vary, and some people may not experience any physical discomfort at all.

What kind of changes occur in the body?

The physiological and psychological changes occurring due to fluctuations in weather.		
Headache	Dizziness	Irritability
Joint pain	Shoulder stiffness	Fatigue
Swelling	Tinnitus	Mood swings

Under what weather conditions are changes likely to occur?

Changes in atmospheric pressure

- Transitions between seasons
- When it starts raining
- When a typhoon is approaching
- When the weather is improving

Temperature fluctuations

When there is a significant temperature difference, the amount of energy expended to regulate body temperature increases, leading to a greater burden on the body and making it more susceptible to fatigue.

Humidity

- Rainy season
- When humidity increases
- When humidity decreases

Let's try keeping a health diary

To understand physical discomfort, it is recommended to 'record.' By knowing when your health worsens, use it for 'prevention.'

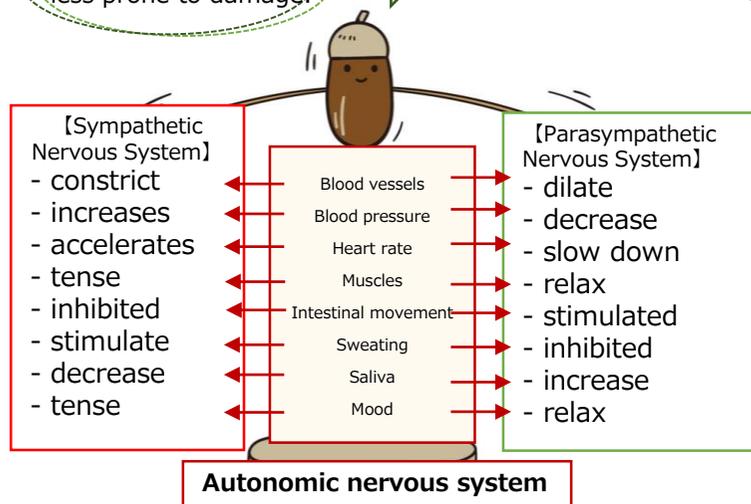
Reference example

Date, Working hours	Weather, temperature, etc.	Physical condition, exercises	Intensity of pain (1 to 10), Location of pain	Sleep duration, Assessment of deep sleep quality(1 to 10)
11/5(Thu) 8h	Clear, later becoming cloudy ☀️ 18°C	High fatigue, tired eyes	6 Severe shoulder stiffness	6.5h Assessment: 5
11/6(Fri) 7.5h	Rainy 13°C ☔	Slightly sluggish, strong daytime drowsiness	4 Mild headache	7h Assessment: 6
11/7(Sat) Day off	Cloudy with occasional rain ☁️ 15°C	No particular issues, 40 minutes of swimming	2 Shoulder stiffness	8h Assessment: 7

The changes in atmospheric pressure and temperature variations can be significant sources of stress, varying from person to person.

Build a body that is less prone to damage.

Balance the autonomic nervous system !



Sympathetic Nervous System Parasympathetic Nervous System

Autonomic nervous system

The 'sympathetic nervous system' operates when the body is actively engaged, while the 'parasympathetic nervous system' functions during periods of rest. The harmonious coordination of these two nervous systems allows the body to respond appropriately to various situations. Disruptions in balance due to irregular lifestyles can lead to physical and mental discomfort.

The roles of the 'sympathetic nervous system' and 'the parasympathetic nervous system'.

The parasympathetic nervous system is often associated with a relaxing impression, leading it to be perceived as 'beneficial for the body.' However, when this function becomes too dominant, it can also be a cause of discomfort.

Try to live a life that does not disturb the autonomic nervous system.

Creating a balanced rhythm in life through moderate exercise, a well-balanced diet, relaxation, and sufficient sleep is important.

Reasons not to recommend nightcaps

- Alcohol has a sleep-inducing effect, but it wears off after a few hours.
- Alcohol's diuretic effect increases the need to use the restroom.
- Acetaldehyde, a product of alcohol metabolism, has awakening effects.



Caffeine contents

Name of food	concentration of caffeine
Beverages with high caffeine content (energy drinks, colas, etc.)	32~300mg/100ml
coffee	60mg/100ml
Tea	30mg/100ml
Green tea	20mg/100ml
Roasted green tea	
Oolong tea	10mg/100ml
Brown rice tea	

農林水産省HP カフェインの過剰摂取について (カフェインが含まれるもの) 引用



Nightcaps can reduce the quality of sleep.

Is a nightcap not a good idea? I will have some hot milk instead.

Eating, drinking coffee or green tea, consuming alcohol, and smoking before bedtime are not recommended.



Bright light at night is taboo. use warm-colored fluorescent lights instead.

Going to bed at a regular time every day.



Taking a bath is ideal 2 to 3 hours before bedtime.

Waking up at a consistent time and resetting the internal body clock with morning light.

Evenings are ideal, but try to establish an exercise routine that fits your lifestyle.



Replenishing brain energy with breakfast.



The short duration of a nap is effective.

Creating a day-night rhythm through daytime activities and exposure to natural light.



Be cautious with sweet snacks and carbohydrates. !



Consuming excessive amounts of carbohydrates and sugar in snacks and beverages can lead to rapid fluctuations in blood sugar levels, causing repeated spikes and crashes. This can overstimulate the sympathetic nervous system and contribute to imbalances in the autonomic nervous system.



The rapid increase in blood sugar can also cause damage to the blood vessels, right? I'll be careful to avoid sharp increases.



You know the meaning of starting with salad first, right?

E-ヘルスネット「快眠と生活習慣」
その他の習慣と睡眠

Let's give it a try!
The 'Autonomic Nervous System Training Method.'

【 Preparation 】

- Sit with good posture in a chair with a backrest or lie down on your back.
- Remove tight items such as belts, watches, glasses, etc.
- Do this in a dark and quiet place.

【 Background formula 】

- Repeat slowly in your mind, 'I am calm.'
(It's effective to actually whisper this aloud).



NHK健康チャンネル「自律神経のバランスをとってリラックス」

【First formula】

Feel the weight of both hands and feet

- ① Focus your awareness on your dominant arm and slowly whisper, 'My right arm feels very heavy.' Repeat the same for the opposite arm.
- ② Focus your awareness to your dominant leg and slowly whisper, 'My right leg feels very heavy.' Repeat the same for the opposite leg.

【Second formula】

Feel the warmth of both hands and feet

- ① Focus your awareness on your dominant arm and slowly whisper, 'My right arm feels very warm.' Repeat the same for the opposite arm.
- Focus your awareness to your dominant leg and slowly whisper, 'My right leg feels very warm.' Repeat the same for the opposite leg.

【Third formula】

Focus on your arms and repeatedly whisper slowly, 'The heart is beating calmly.'

【Fourth formula】

Shift your awareness to your breath, repeatedly whispering slowly, 'I am breathing naturally and comfortably,' with abdominal breathing.

【Fifth formula】

Focus your awareness on your abdomen, around the stomach, and slowly whisper, 'My abdomen is warm.'

【Sixth formula】

Direct your awareness to your forehead and slowly whisper, 'My forehead feels pleasantly cool.'

【Extinction movements】

It is important do this at the end.

- ① Open your eyes slowly
- ② Extend your hands forward and make a fist, repeating the motion.

To lead a healthy life, it is important to maintain a balance between the sympathetic and parasympathetic nervous systems.

This training involves applying suggestions to one's own body to achieve a balance between the sympathetic and parasympathetic nervous systems.