



How the Weather Affects Your Health

Manfred Kaiser

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Climate change is upon us. Every year new weather records are broken: record heat, drought, flood, and an ever-increasing number of cyclones and tornadoes ravage our homes, livelihoods and health. Weather and health issues rarely leave the headlines, and they are the two subjects we invariably bring up in our day to day conversation. If you are concerned about the effect of climatic changes on you, then you will find "How the Weather Affects Your Health" is indispensable for explaining the link between the two strongest influences on our lives. The effects that weather sensitivity, climate change, air, heat, cold, solar radiation and violent weather have on us are all presented, with background information on weather related disorders and preventative and remedial advice.

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