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## **For The Love Of Your Heart Vacation in Florida**

After the often hectic Holliday Season has passed and all New Years resolutions are made, one longs to calm down again and catch the breath. The prospect of fueling up with sun and warmth in Florida's vacation heaven constitutes a true silver lining in the darkness of the German winter. It promises a welcome recovery for the heart on all levels: Body, mind, emotions and soul.

A winter break in the warmth and sunny weather of Florida is particularly suitable for the prevention of cardio-vascular problems, specifically with advanced age or already existing symptoms. Recent studies from Germany, England and France showed that just a decrease of the outside temperature by only 10 degrees Celsius increases the risk of a cardiac infarct by up to 13%. Altogether, between January and March up to 50% more such potentially lethal health crises occur than during the summer month. Some people react to variations in temperature immediately, others only after two to three days. These observations were made in regions, in which the temperatures differ markedly between summer and winter. In areas with warm temperatures throughout the whole year, such fluctuations in health risks do not occur. One explanation for this phenomenon is that our life habits also are subject to seasonal changes. For example we tend to eat more and move less during the cold season, particularly around Christmas. Outdoor activities are clearly reduced. In contrast to the life style in Europe life in Florida takes place outside in nature.

In addition, adjustments inside our body take place in cold weather. Blood vessels of arms and legs contract, the heart must work harder in order to provide sufficient oxygen supply to these areas. Elderly or high blood pressure patients encounter increased risks of illness with a rise of their blood pressure by as little as 18mmHg and more. As a result the oxygen supply of all tissues decreases markedly in the cold. The composition of the blood changes immediately and continues to remain so for days. Blood platelets, red blood cells, coagulating factors, and Cholesterol go up, thickening and slowing down the bloodstream by about 20%. These mechanisms contribute to the formation of blood clots in coronaries, lung or brain. The cold season also brings a rise in infections to us, which in combination with many cold and flu medicines put an additional strain on our cardio-vascular system.

According to P. Glasser, Professor for Preventive Medicine at the University of Alabama, the shortened daylight hours in the winter up North contribute to important changes of our hormone levels and make the heart more susceptible to illness. Scientists, who are specialized in the research of bio-rhythms, therefore already suggested a light therapy. When spending time in Florida you get this light therapy with its positive effects on the heart for free! Not only more hours of sunlight, but also a higher light intensity ensures the production of vitamin D in the skin. Swedish and Danish studies proved that, among other things, the benefits of this are a lowering of blood pressure and the blood fat Triglyceride.

New Year's resolutions, for example the common plan to begin a health regimen, lose weight, or engage in a new sports activity can be facilitated by Florida's mild climate; starting out slowly and then gearing up the routine heart, body, mind, emotions, and soul can regenerate holistically. Following a planned program step by step increases the probability to follow through long-term and not give up prematurely leading to the well-known relapses.

A healthy climate contributes to a healthy whole: body, mind, emotions and soul.

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