

**“Gradients;” “Can’t think of anything?”**

Each time the coastal Low pressure has come in quickly after easterly, desert, High pressure, like this morning, I’ve gotten a headache; and if High pressure chases after it, I can feel it in my cells. A “gradient” is a change in slope or “steepness,” but with weather variables, they are usually horizontal, especially for those of us in the South Bay and Harbor area. A strong pressure gradient means a sharp change in pressure over a short distance, and produces fast winds. Sharp changes in temperature, humidity, or pressure can also trigger the swelling in and out of sinus or other tissues, and sometimes, they press on the nerves. Cell water loss and re-filling, when we drink water to replace what we’ve lost to the dry air, may also push on nerves.\*

Maybe we should think about the sign on hills,

“HIGH GRADE – USE LOW GEAR,” and ease into the changes more slowly if we can, or be a little gracious to ourselves if we feel pain that’s not our fault.

\* Recommended reading: **WATER: for Health, for Healing, for Life; You’re Not Sick, You’re Thirsty!** 2003.

By F. Batmanghelidj, M.D. New York: Warner. Note: although my experience with histamine has never been positive to my knowledge, I am still thinking about what he said. He documents how many cases of chronic illness and pain have been cured by drinking 8-10 glasses a day. Personally, I have a rather quick dehydration-to-dizziness trigger, and get headache-y (like these days after long days of teaching in the dry air); but I’ve found when I drink tall waters (and “venti decafs,” sometimes spiked with a little regular coffee), and relax for a few moments, the headache and dizziness will usually go away without medicine. It’s just allowing the water to recirculate through my head tissues, i.e., re-hydrating.

By the way, if someone calls you a “fat head,” it’s a scientific fact, so thank them for the compliment. Our brains are made from mostly fat cells, and Dr. Batmanghelidj says it’s 85% water. Ever wonder why, if we’re dry, we “can’t think of anything?”