

During cold weather your nasal passages tend to dry out. Mucus is one of the body's first lines of defense against viruses. Ideally, pathogens become trapped in mucus and are later expelled or are swallowed or killed by stomach acid. During cold weather, this is less likely to happen.

Most strains of the rhinovirus, the virus responsible for the common cold, spread throughout your body more effectively at cooler temperatures. Infected cells often self-destruct. Warm cells in the body are more likely to self-destruct, stopping the viral invasion. Also warmer cells are more able to muster an effective immune response. Colder temperatures constrict blood vessels, inhibiting the transport of white blood cells to infected areas. In one study, a four-degree difference in Celsius temperature made nasal cells in mice less able to fend off invading viruses. In another study, cooler temperatures spread viruses from guinea pig to guinea pig more effectively than in warmer temperatures. While human beings are not guinea pigs or mice, we are all mammals, and we all get colds. We are all more prone to catch colds at cooler temperatures.

Cold weather also helps to toughen up the outer shell of a virus so it can survive transport. The viruses' outer shell is made up of fat like substances called lipids. In [cold weather](#), this lipid outer shell toughens, and in higher temperatures, this outer shell softens. Higher temperatures render the virus more vulnerable to the elements.

Another factor that shouldn't be overlooked is vitamin D absorption and our tendency to hang out with each other more indoors when it is cold. In the winter months, we are exposed to fewer hours of

sunlight during the day and less direct sunlight. This inhibits our bodies' ability to manufacture vitamin D, an important part of our immune defense against viruses. Also during colder [weather](#), people tend to stay in closer proximity to each other, in greater numbers. This proximity helps viruses spread from person to person.

You'll still find misinformation all over the Internet, telling you temperature doesn't matter. But we have all experienced proof to the contrary, and now research has caught up with common sense.

So your mom was right. Wear your coat, your gloves, your hat, and your scarf. Stay toasty warm and don't forget to eat right and get enough sleep. Or better yet, see [Bullet Proof Your Immune System](#). The weather has nothing over a healthy diet with a strong immune system (within reason of course). Check out the first source below for natural remedies for colds and flus.

Sources:

<http://www.organiclifestylemagazine.com/issu...>

www.nih.gov

www.yahoo.com

<http://www.nih.gov>

<https://www.youtube.com>

About the author:

Joel learned long ago that pharmaceuticals were not the answer to health and vitality. He gave up on pharmaceuticals many years ago, and he also gave up wheat and refined sugars. His hobbies include gluten free baking, gardening, and fitness. Joel is passionate about agriculture and environmental issues. Joel believes that [progressive, cutting-edge, organic agriculture can feed the world](#).

Learn more:

http://www.naturalnews.com/048462_cold_weather_virus_bad_science.html#ixzz40czSzxr5