

# Costa Del Sol

## **The Mediteranian Meteorology and its mental and physical influence:**

Weather alone does not make people ill, but it has been known since the ancient times, that people's symptomatology can be affected. Weather stimuli add additional stress for the body, which potentially leads to temporary potentiation, triggering a frequency of symptoms.

Especially after accidents with injuries or surgery, in case of acute or chronical diseases, weather may influence the intensity of symptoms or their appearance and number of „attacks“.

But it's also proven that different weather situations result into remarkable reliefs for patients who are suffering from diverse diseases or symptoms.

It is long proven, that Andalusia's outstanding microclimate presents one of the best climate conditions in Europe, making it a perfect place to support general health, psychology and anti-pain therapies and recovery itself.