



The Science of Forest Therapy

By Tam John, FNTTP, Functional Nutrition expert | EatRight-LiveWell™

With the emergence of Forest Therapy as a practice for health and wellness, naturally my mind goes to the wonderance of the connection to blood sugar balance, my especial expertise. The associative connection between comfort and joy to being in nature and fulfilling a yearning for comfort and joy with the consumption of sugar is intriguing.

The intersection of time-honored wisdom and the latest in nutritional science report remarkable benefits for Forest Therapy.

Step into the healing embrace of nature and explore the fascinating world of forest therapy. In our fast-paced and technology-driven lives, it's more important than ever to reconnect with the natural world and nurture our well-being. Forest therapy, also known as forest bathing or Shinrin-yoku, is a scientifically proven practice that harnesses the power of nature to improve physical and mental health.

Immerse yourself in the serene beauty of the forest as you embark on a therapeutic journey with Forest Therapy. This ancient practice, rooted in Japanese culture, has gained widespread recognition for its remarkable benefits. Through mindful immersion in the forest environment, forest therapy promotes relaxation, stress reduction, and increased immune system activity.

The National Institutes of Health National Library of Medicine National Center for Biotechnology Information, in a study '[The Effects of Forest Therapy on Immune Function](#)', states "The representative measures for evaluating the effects of immune function were the number of NK cells, the cytotoxic activity of NK cells, and cytotoxic effector molecules. Most studies reported improvement in these measures when comparing values after intervention with values before the forest therapy intervention. Therefore, forest therapy has been found to be effective in improving immune function."

More studies have shown that spending time in nature reduces blood pressure and cortisol levels and enhances mood and creativity. [Harvard Health](#) states "Stress raises levels of the hormone cortisol. Long-term stress and chronic elevations in cortisol play a role in high blood pressure, heart disease, headaches, and many other ailments. In test subjects, [levels of cortisol decreased](#) after a walk in the forest, compared with people who walked in a laboratory setting."

As we walk among the trees, the healing energy of nature envelops us, restoring balance, and fostering a sense of connection.



ALL RIGHTS RESERVED © 2023 EatRight-LiveWell™ and Tam John

FOR TERMS, DISCLAIMER, DISCLOSURE AND AFFILIATE MARKETING: visit www.TamJohn.com



Uncover the secrets of this natural remedy and experience the transformative power of forest therapy.

Start your journey towards an improved well-being today, one step at a time, amidst the tranquil embrace of the forest. Can't get to a forest? Incorporate more nature into your everyday life with these ideas:

1. Have living plants in your home and office space.
2. Open curtains to let in sunshine. Open the windows weather permitting to let in fresh air.
3. Add touches of nature to your home and office décor. Shells, pinecones, rocks, and crystals can be nice touches.
4. Walk out of doors. [Harvard Health](#) tells us, "A recent study in the United Kingdom of nearly 20,000 people showed that [spending at least 120 minutes a week in nature](#) improved self-reported health and well-being. It doesn't matter whether the 120 minutes represents one long trip, or several shorter visits to nature."
5. Walk barefoot in the grass.
6. Sit outside with your shoes and socks off. Put your head back and listen to nature.
7. Use the [Biomat®](#) at home or set up a 'stress less Biomat® zone' at the office. Biomat® is an FDA cleared Class II medical device since 1997 backed by a [huge body of science and research](#) that offers EMF protection and deep relaxation, the same sense of grounding Forest Therapy provides. EatRight-LiveWell™ is an [authorized Biomat® distributor](#) offering free shipping and in home/office trials across the 48 contiguous United States.

Benefits of forest therapy for mental health

In addition to its physical health benefits, Forest Therapy has a profound impact on our mental well-being. Spending time in nature has been shown to reduce stress, anxiety, and depression. The calming effects of the forest environment can help regulate our emotions and promote a sense of inner peace.

Forest Therapy also enhances creativity and cognitive function. Studies have found that spending time in nature can improve attention span, memory, and problem-solving skills. It provides a break from the constant stimulation of modern life and allows our minds to relax and recharge.

Using the [Biomat® supports mental well-being](#) too. Far infrared technology provides a negative ion experience to counter the dominant positive ion and EMFs in the modern world. The EMF free and negative ion rich experience Biomat® provides is the same as nature provides in forests, by oceans, waterfalls, and the mountains. Expansion and growth happen at rest, so relax and enjoy Biomat® daily if you wish. It feels amazing, so Biomat® always gets used.



ALL RIGHTS RESERVED © 2023 EatRight-LiveWell™ and Tam John

FOR TERMS, DISCLAIMER, DISCLOSURE AND AFFILIATE MARKETING: visit www.TamJohn.com



Forest therapy techniques and practices

There are various techniques and practices that can be incorporated into Forest Therapy sessions. These include mindful walking, where one focuses on each step and breath while being fully present in the forest environment. Other practices include sensory awareness, such as observing the sounds, smells, and textures of the forest, and nature meditation, where one finds a quiet spot and focuses on one's breath and surroundings.

Forest therapy and mindfulness

Forest Therapy and mindfulness go hand in hand. Mindfulness is the practice of paying attention to the present moment with acceptance and non-judgment. When combined with Forest Therapy, mindfulness allows us to fully immerse ourselves in the natural environment, heightening our senses and deepening the therapeutic experience. By being fully present in the forest, we can cultivate a sense of gratitude and appreciation for the beauty and abundance of nature.

How to incorporate forest therapy into your daily life

Incorporating Forest Therapy into your daily life doesn't have to be complicated. It can be as simple as taking a walk in a nearby park or spending a few minutes sitting under a tree. The key is to be mindful and present in the moment, allowing yourself to fully experience the beauty and tranquility of nature. You can also incorporate elements of Forest Therapy into your indoor environment, such as bringing in plants or using essential oils derived from trees.

Forest therapy retreats and programs

For those seeking a more immersive experience, there are Forest Therapy retreats and programs available. These retreats offer guided experiences in nature, providing a structured environment for deep relaxation and rejuvenation. They often include activities such as guided walks, meditation, and nature-based workshops. Forest Therapy retreats provide an opportunity to disconnect from technology, reconnect with nature, and recharge both physically and mentally.

Conclusion

Forest Therapy, with its deep roots in Japanese culture, has emerged as a powerful practice for improving physical and mental well-being. By immersing ourselves in the healing embrace of nature, we can experience a wide range of benefits, from reduced stress and improved immune function to enhanced creativity and cognitive function. Incorporating Forest Therapy with Biomat® when we cannot get to the forest, into our daily lives and taking the time to connect



ALL RIGHTS RESERVED © 2023 EatRight-LiveWell™ and Tam John

FOR TERMS, DISCLAIMER, DISCLOSURE AND AFFILIATE MARKETING: visit www.TamJohn.com



with nature can have a profound impact on our overall well-being. So, take a step into the forest and embark on a transformative journey towards a healthier and sweeter life naturally found in nature.

~~

EatRight-LiveWell™ with [Tam John](#) provides [data driven precision nutrition services for individuals](#) and education for groups. Please visit our website (below) and [schedule an insight call](#) to ask if we can help you transform your nutrition for better feeling life and the wonderful health markers to go with it. If we engage with you, your satisfaction is guaranteed.



ALL RIGHTS RESERVED © 2023 EatRight-LiveWell™ and Tam John

FOR TERMS, DISCLAIMER, DISCLOSURE AND AFFILIATE MARKETING: visit www.TamJohn.com