



June 28, 2016 – Grand Rapids, MI

Does Nature Improve Health?

One of my favorite places during the summer is on our deck. I just love sitting out there in the cool of the morning. On a calm day with little humidity, it's great even when the temperature hits the mid-80s; the shade sail helps. Working or relaxing, it's my favorite place. The flowers. The trees. The birds, especially the frequent visits by hummingbirds. This patch of nature didn't happen by accident. Over the 15 years we've been here, Paula has created a space that soothes the mind, helps creativity, and lifts the soul. That's where I'm writing this message.



A long-time reader sent me an article from an online nature magazine (1) that talked about the relationship between visits to nature in cities and a number of variables such as depression and hypertension. If you live in the country or even most suburbs, you can get a taste of nature on a regular basis—providing you take the time to enjoy it. But in cities, parks of all sizes are the only opportunity people have for contact with nature.

How much does it help? Thursday I'm going to check out the study on which the article was based. Until then, take some time to visit your patch of nature. It just may help in ways you never realized.

What are you prepared to do today?

Dr. Chet

Reference: <http://bit.ly/290tdYC>

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