



ROOTED IN WELLNESS: THE SCIENCE OF NATURE'S HEALING POWER

Soothing the Soul and Rewiring the Body

FOREST BATHING BENEFITS

What Happens When You Walk Among Trees?

- 🌲 **Nervous System:** 21% decrease in cortisol (stress hormone) after 20 minutes (Wang et al., 2022)
- 🌲 **Immunity:** 15% increase in phytoncides (boost white blood cells) (Richardson et al., 2023)
- 🌲 **Creativity:** 50% higher problem-solving scores post-forest walk
- 🌲 **Mood:** Increase in serotonin and dopamine (like a gentle antidepressant)



NATURE'S HIDDEN NETWORK: HOW TREES TEACH US ABOUT CONNECTION

- Mature trees share nutrients with young saplings through fungal networks (Simard, 2021)
- Trees warn neighbors of drought or disease via underground "Wood Wide Web"
- Forests thrive through cooperation, not competition
- Like trees, humans heal best in supportive communities.

GROUNDING BENEFITS

Barefoot on Earth: The Ultimate Reset

- 🌲 **Inflammation:** 30% decrease in inflammatory markers (Ober et al., 2012)
- 🌲 **Sleep:** Faster melatonin release (evening grounding = deeper sleep)
- 🌲 **Posture:** Strengthens foot arches & improves alignment
- 🌲 **Stress:** Activates parasympathetic nervous system ("rest & digest")

Nature's Prescription: 5-Minute Daily Grounding Rituals

- **Barefoot Break:** Stand on grass or dirt for 5 minutes (reduces inflammation)
- **Tree Talk:** Lean against a trunk and breathe deeply (lowers cortisol)
- **Sky Gaze:** Lie back and watch the clouds drift (resets nervous system)

Science says that just 120 minutes a week in nature significantly boosts wellbeing (Richardson et al., 2023)

