

TREE HUGGING FROM THE EVIDENCE-BASED MEDICINE (EBM) PERSPECTIVE

A stylized illustration of a tree with a brown trunk and branches. The tree is adorned with blue, pink, orange, and purple leaves. Several small, colorful birds (orange, pink, purple, red, green) are perched on the branches. The background is a light yellow with faint, scattered leaf patterns.

1. Croatian Congress on Forest Therapy

Zagreb, Sljeme – Tomislavov dom,
September 12 and 13, 2022

Aleksandar Racz, Mult. Ph.D.; MD; MPH; EHS,
University of Applied Health Science, Zagreb
Fakultet zdravstvenih studija, University of Rijeka

TREE HUGGING? TREE HUGGER?



Nina van Bekkum · Follow

Worked at Duinrell (2015–2019) · 2y

Originally Answered: What does being a tree hugger mean?

Someone who is a tree hugger is someone who cares about nature and finds that cutting down trees is unacceptable. Some call them environmentalists. Besides the cutting down of trees, they are also against pollution.



1



1



...



Jack Schubbe · Follow

Former SSP -Squadron 554 at U.S. Air Force (1987–1990) · 2y

A tree hugger is someone who respects the Earth, and everything on it. They understand that trees as well as the Earth are living organisms and wouldn't do anything to harm them.



...



Rafidaliya Shohat · Follow

Unpublished Poet (1972–present) · 2y

Originally Answered: What does the term "tree hugger" mean?

'A tree hugger' is a true lover of Nature, and will do anything to preserve it.

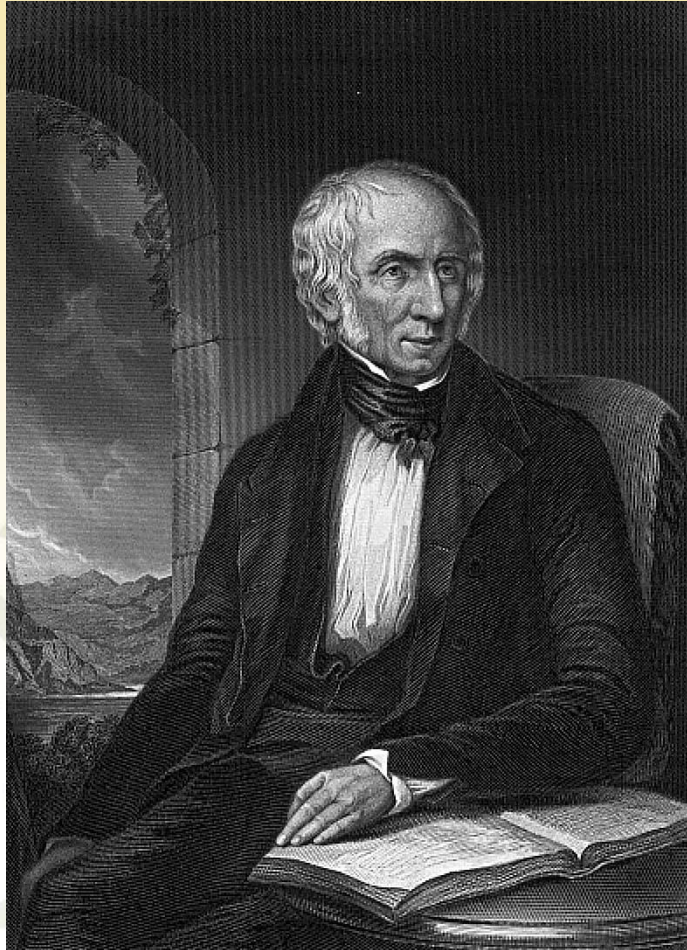


1



...

William Wordsworth



„Love of Nature
leading to love of
Mankind”

“What we have
loved, others will
love, and we will
teach them how” (The
Prelude; 13.446–47,
1805)

STATEMENT

- **Loving nature** is a **profoundly political act** that communicates a range of social and ideological positions.
- To love nature—whether a forest or **a tree** or a field or a bunny—is to enact through emotion **an opposition to industrialization, consumer capitalism, and certain strands of conservative political ideology.**

IS FOREST BATHING ABOUT HUGGING TREES?

-



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17 Apr • Written By Hugh Asher

Is Forest Bathing about Hugging Trees?

When engaging in Forest Bathing activities, different people are drawn to different ways of interacting with the trees. Some people are drawn to the more tactile activities sometimes associated with Silvotherapy. During one of my earliest sessions guiding Forest Bathing activities, I was asked if it was all about hugging trees. 'Tree hugging' often carries negative connotations and I was trying to strike a balance between encouraging people to engage in activities that were meaningful to them, pushing them to step outside of their comfort zones a little, and supporting them to try new experiences that might have beneficial effects, without them making any stereotypical assumptions about hugging trees before trying things for themselves first.

森林浴



Is Forest bathing about Hugging trees?

When engaging in Forest bathing activities, different people are drawn to different ways of interacting with the trees.



Is Forest bathing about Hugging trees?

Forest bathing can involve **actually wrapping arms around a tree.**

But it can also involve simply:

- ☐ **feeling the texture of the bark;**
- ☐ **smelling the leaves or needles;**
- ☐ **noticing the beauty of a tree from further away;**
- ☐ **mindfully taking in the environment, landscape and soundscape around the tree;**



Is Forest bathing about Hugging trees?

Yu et al. (2017)

described a forest bathing regimen involving 5 sensory experience:

- ✓ olfactory (smelling)
- ✓ tactile (touching)
- ✓ visual (seeing)
- ✓ auditory (hearing)
- ✓ taste

Table 1. Example forest bathing components

Sensory Components	Example Experience
Olfactory	Inhaling deeply the smell of the trees, the air, the soil
Tactile	Touching plant leaves, bark on the trees, moss that may be on the bark and branches of trees. One may even attempt to wrap their arms around a tree as if to hug the tree.
Visual	Observing and taking in the changing scenery while walking through the forest. Taking time to notice the sky through the branches, insects on the forest floor and climbing on trees and plants, small animals scurrying along and the different plants scattered on the forest floor.
Auditory	Listening to the birds singing. Hearing the wind going through the forest or the sound of water from a forest stream or even raindrops.

Forest bathing is about Hugging Trees – press and media presentation

WELLNESS

Why forest bathing and tree hugging is the new wellbeing trend that will boost your mental health

Time to get stuck into nature. Pronto.

BY ANNABELLE SPRANKLEN AND LOTTIE WINTER

1 APRIL 2022



1 August, 2022



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Take on Nature: Taking a leaf from Japan on the benefits of 'tree hugging'



Is Forest bathing about Hugging trees?



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HOMES TRAVEL DECOR PEOPLE EVENTS

Tree Hugging & Forest Bathing

It's no secret that walking in nature can transform a mood—Isn't that one of the many reasons we love mountains?

April 9, 2019 by Darla Worden

October 28, 2020 • Forest Bathing

Forest Bathing: What It Is and Why You Need it

I am a literal tree hugger. I've embarrassed my husband multiple times when he's found me with my arms around a massive oak or a towering cypress. But I can't help myself; when I feel the texture of the tree beneath my fingertips, I sense its age and its steadiness and its wisdom, and something inside of me lifts.

I remember to breathe again--something I seem to forget when I spend my days at my desk, hunched over my laptop. As it turns out, tree hugging is a kind of Japanese practice known as forest bathing.

Shinrin-Yoku

The term "forest bathing" comes from the Japan phrase shinrin-yoku. Shinrin means "forest" and yoku means "bath." Forest bathing isn't about soap and water; it's about immersing oneself in nature. The term is only forty or so years old, but as we've become increasingly immersed in--and affected by--modern technology, the Japanese experiment has taken on a new urgency.

Is Forest bathing about Hugging trees?

Home > Adventures > Forget Tree Hugging, Try Forest Bathing

Adventures Entertainment Family Fun Forest Bathing Lifestyle Health & Fitness Hiking

Forget Tree Hugging, Try Forest Bathing

By Tyler Willford - June 7, 2017



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Is Forest bathing about Hugging trees?



Courtesy Mohonk Mountain House

WELLNESS & SPAS

How 'Forest Bathing' Turned a Skeptic into a Tree-Hugger

Though it became popular seemingly overnight, forest bathing has technically been around since 1982—and some say even longer.

BY SEBASTIAN MODAK

June 22, 2017

Is Forest bathing next level of Hugging trees?

May 27, 2015

Take Tree Hugging to the Next Level Through Shinrin-Yoku: Medicine of the Forest



Kristi Kremers (2,820)



635



1



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Is Hugging trees scientifically proved way to improve health?

18-20 Jun

HUG A TREE!!! BE HEALTHY!!!

"Access to Nature can significantly contribute to our mental capability & well being."

Scientifically proved that Tree Hugging improves health by Altering Vibrational Frequency

Health Benefits	How to Hug a Tree
Good effects on Mental Illness,	Walk among the trees
Attention Deficit	Hug a tree
Hyperactivity disorder (ADHD)	Look upward to the overhead branches and absorb their energies.
Improves Concentration Levels,	
Reaction Times,	
Relief from Depression	
Alleviates Headache	

Tree Hugging is not for hippies, for everyone.

Hug a Tree! Click & Post Pics on our Facebook Page
www.facebook.com/chennaitreebank



Can Hugging trees cure for cancer?

Medical Daily

VITALITY

MENTAL HEALTH

INNOVATION

HEALTHY LIVING

Embrace trees, get cured of cancer

Jul 29, 2010 08:26 AM By James Heather



Most of us know that several drugs used to treat cancer and other ailments are derived from trees. A new theory now suggests that regular trips to woods and hugging the trees could also relieve you of diseases like cancer?

It may sound a bit esoteric, but a new study compiled by Finnish researchers for the international tree hugging community at the World Forestry Congress in Seoul, South Korea, indicates that there could be a lot of truth in this.





EVIDENCE BASED MEDICINE & TREE HUGGING

Evidence based medicine: an approach to clinical problem-solving

William Rosenberg, Anna Donald

See pp 1128, 1146, 1141 and editorial by Davidoff et al

Doctors within the NHS are confronting major changes at work. While we endeavour to improve the quality of health care, junior doctors' hours have been reduced and the emphasis on continuing medical education has increased. We are confronted by a growing body of information, much of it invalid or irrelevant to clinical practice. This article discusses evidence based medicine, a process of turning clinical problems into questions and then systematically locating, appraising, and using contemporaneous research findings as the basis for clinical decisions. The computerisation of bibliographies and the development of software that permits the rapid location of relevant evidence have made it easier for busy clinicians to make best use of the published literature. Critical appraisal can be used to determine the validity and applicability of the evidence, which is then used to inform clinical decisions. Evidence based medicine can be taught to, and practised by, clinicians at all levels of seniority and can be used to close the gulf between good clinical research and clinical practice. In addition it can help to promote self directed learning and teamwork and produce faster and better doctors.

Doctors must cope with a rapidly changing body of relevant evidence and maximise the quality of medical care despite the reduction in junior doctors' working hours and scarce resources. We are deluged with information, and although much of it is either invalid or irrelevant to clinical practice, an increasing amount comes from powerful investigations such as randomised controlled trials. Yet we continue to base our clinical decisions on increasingly out of date primary

electronic databases and widespread computer literacy now give doctors access to enormous amounts of data. Evidence based medicine is about asking questions, finding and appraising the relevant data, and harnessing that information for everyday clinical practice.

Most readers will recognise that the ideas underlying evidence based medicine are not new. Clinicians identify the questions raised in caring for their patients and consult the literature at least occasionally, if not routinely. The difference with using an explicit, evidence based medicine framework is twofold: it can make consulting and evaluating the literature a relatively simple, routine procedure, and it can make this process workable for clinical teams, as well as for individual clinicians. The term "evidence based medicine" was coined at McMaster Medical School in Canada in the 1980s to label this clinical learning strategy, which people at the school had been developing for over a decade.¹

Evidence based medicine in practice

Evidence based medicine can be practised in any situation where there is doubt about an aspect of clinical diagnosis, prognosis, or management.

Four steps in evidence based medicine

- Formulate a clear clinical question from a patient's problem
- Search the literature for relevant clinical articles
- Evaluate (critically appraise) the evidence for its validity and usefulness
- Implement useful findings in clinical practice

„The process of finding, appraising, and using contemporaneous research findings as the basis for medical decisions”



Randomized double blind placebo control studies, the “Gold Standard” in intervention based studies

[Shobha Misra](#)

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Abstract

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Studies follow a hierarchy in terms of the quality of evidence that they can provide. **Randomized double blind placebo control (RDBPC) studies** are considered the “gold standard” of epidemiologic studies. And the same is discussed at length in this paper taking example of a real journal article



Evidence based medicine in practice

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- Search the literature for relevant clinical articles
- Evaluate (critically appraise) the evidence for its validity and usefulness
- Implement useful findings in clinical practice

The questions that initiate evidence based medicine can relate to diagnosis, prognosis, treatment, iatrogenic harm, quality of care, or health economics. In any event, they should be as specific as possible, including the type of patient, the clinical intervention, and the clinical outcome of interest. In this example

Health benefits of Tree – hugging?



FINDING THE EVIDENCE

The second step is a **search for the best available evidence**. To conduct searches on a regular basis, clinicians need effective searching skills and easy access to bibliographic databases. Increasingly the access can be proved by ward or surgery based computers, complemented by assistance in obtaining hard copies of articles, and enabled by librarians who teach searching skills and guide the unwary through the 25 000 biomedical journals now in print.^{6 7}

30,000 medical journals

There are **about 30,000** medical journals published around the world, but only a handful of titles, such as The New England Journal of Medicine and JAMA, are household names. 12. svi 2021.

- PUB MED : 2 new papers per minute

Recent bibliometrics show that the **number of published scientific papers** has climbed by **8–9% each year over the past several decades**. In the biomedical field alone, more than **1 million papers** pour into the PubMed database **each year** — about two papers per minute. For

<https://pubmed.ncbi.nlm.nih.gov> · [Prevedi ovu stranicu](#)

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PubMed® comprises more than 34 million citations for biomedical literature from MEDLINE, life science journals, and online books.



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Tree Hugging AND Health



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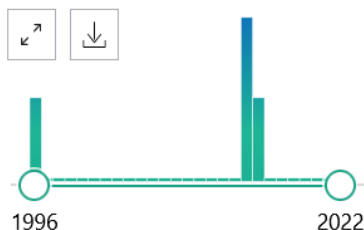
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ARTICLE TYPE

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- ☐ Meta-Analysis
- ☐ Randomized Controlled Trial
- ☐ Review
- ☐ Systematic Review

☐ Tree-hugging behavior beats the heat.

1

Briscoe NJ.

Cite

Temperature (Austin). 2014 Dec 1;2(1):33-5. doi: 10.4161/23328940.2014.954420. eCollection 2015 Jan-Mar.

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PMID: 27226989 [Free PMC article.](#)

Animals can exploit spatial and temporal variation in microclimates to avoid stressful conditions, behavior that is likely to become increasingly important in a warming world. Recent research shows that during hot weather cool **tree** trunk surfaces can provide an important h ...

☐ Tree-hugging koalas demonstrate a novel thermoregulatory mechanism for arboreal mammals.

2

Briscoe NJ, Handasyde KA, Griffiths SR, Porter WP, Krockenberger A, Kearney MR.

Cite

Biol Lett. 2014 Jun;10(6):20140235. doi: 10.1098/rsbl.2014.0235.

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PMID: 24899683 [Free PMC article.](#)

During hot weather, koalas enhanced conductive heat loss by seeking out and resting against **tree** trunks that were substantially cooler than ambient air temperature. ...Our results highlight the important role of **tree** trunks as aboveground 'heat sinks', providing coo ...

☐ Inappropriate sexual behavior.

3

Philo SW, Richie MF, Kaas MJ.

Cite

J Gerontol Nurs. 1996 Nov;22(11):17-22. doi: 10.3928/0098-9134-19961101-07.

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PMID: 8954388 [Review.](#)

Inappropriate sexual behavior, or sexually aggressive behavior, is a term which encompasses a variety of behaviors, including obscene gesturing, touching or **hugging** another person, exposing body parts or disrobing, and masturbating in public. ...





Koalas used *Acacia mernsii* trees (a species they do not feed on) much more frequently during hot weather. Koalas sat on the main trunk of trees rather than out on lateral branches or the canopy, and moved closer to the ground as air temperatures increased.

Tree surface temperatures were substantially cooler at the base and mid-trunk than lateral branches or the canopy, and the coolest trunks belonged to *Acacia mernsii* trees with mid-trunk temperatures that were on average 5°C cooler than air temperature. By hugging the trunk or large lower limbs of trees with their less densely furred belly pressed up against the tree surface, **koalas enhance conductive heat loss.**

KiKA
von ARD und ZDF



©ZDF/studio.tv.film







TREE HUGGER:

'I'M IN LOVE WITH A TREE – IT'S THE BEST SEX I'VE EVER HAD!'

**AFTER A STRING OF DISASTROUS
RELATIONSHIPS, EMMA McCABE
HAS BRANCHED OUT AND FALLEN
FOR TIM, A STURDY POPLAR TREE**

Loved-up Emma McCabe reckons she's found "The One" with her tall, dark and handsome lover. But while she's already planning marriage, her family and friends think she's "barking mad" because Tim's a poplar tree.

31-year-old Tim is the

I'm not ashamed." Growing up, Emma loved the outdoors, but it wasn't until adulthood that she realised how deep-rooted her feelings towards trees were.

Emma – who left school aged 16 to train as a nursery nurse, and is currently unemployed – says: "When I loved playing

something that won't hurt or reject her – in her case trees, probably because that association existed anyway."

strange, but I couldn't help it." A year later, Emma, from London, met poplar tree Tim.

CLOSER REAL LIFE

Emma says poplar tree Tim satisfies her emotionally and sexually



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<< < Page 1 of 1 > >>

- ☐ 1 [A new view of the tree of life.](#)
Hug LA, Baker BJ, Anantharaman K, Brown CT, Probst AJ, Castelle CJ, Butterfield CN, Hermsdorf AW, Amano Y, Ise K, Suzuki Y, Dudek N, Relman DA, Finstad KM, Amundson R, Thomas BC, Banfield JF. Nat Microbiol. 2016 Apr 11;1:16048. doi: 10.1038/nmicrobiol.2016.48. PMID: 27572647
The **tree** of life is one of the most important organizing principles in biology(1). Gene surveys suggest the existence of an enormous number of branches(2), but even an approximation of the full scale of the **tree** has remained elusive. Recent depictions of the **tree** ...
- ☐ 2 [Evidence-Based Physical Examination for the Diagnosis of Subscapularis Tears: A Systematic Review.](#)
Dakkak A, Krill MK, Krill ML, Nwachukwu B, McCormick F. Sports Health. 2021 Jan/Feb;13(1):78-84. doi: 10.1177/1941738120936232. Epub 2020 Aug 21. PMID: 32822265 **Free PMC article.**
The special test combination of the bear **hug** and belly press demonstrated the highest positive likelihood ratio (18.29). ...CONCLUSION: The combined application of the bear **hug** and belly press physical examination maneuvers is an optimal combination for evaluating s ...
- ☐ 3 [Amplifying feedback loop between growth and wood anatomical characteristics of Fraxinus excelsior explains size-related susceptibility to ash dieback.](#)
Klesse S, von Arx G, Gossner MM, Hug C, Rigling A, Queloz V. Tree Physiol. 2021 May 14;41(5):683-696. doi: 10.1093/treephys/tpaa091. PMID: 32705118
We found that slower-growing **trees** or **trees** with smaller crowns already before the arrival of the fungus were more susceptible to dieback and mortality. ...This might impede efficient water transport and photosynthesis, and be responsible for stronger symptoms of di ...
- ☐ 4 [Hug a tree, relieve your stress.](#)
[No authors listed] J Psychosoc Nurs Ment Health Serv. 1999 Jun;37(6):9. PMID: 10382149 No abstract available.
- ☐ 5 [Increasing hepatitis C virus screening in people who inject drugs in Switzerland using rapid antibody saliva and dried blood spot testing: A cost-effectiveness analysis.](#)
Girardin F, Hearmon N, Negro F, Eddowes L, Bruggmann P, Castro E. J Viral Hepat. 2019 Feb;26(2):236-245. doi: 10.1111/jvh.13023. Epub 2018 Nov 14. PMID: 30338887
The cost-effectiveness of an increased access screening programme of PWID (increased screening using rapid antibody saliva tests and DBS tests [semi-quantitative viraemia and viral genotype]) was analysed through a decision **tree** screening model combined with the outputs of ...

Page 1

> J Psychosoc Nurs Ment Health Serv. 1999 Jun;37(6):9.

Hug a tree, relieve your stress

No authors listed

PMID: 10382149

No abstract available



The JCR is based on 2021 data compiled from the Web of Science Core Collection™, the leading collection of quality journals, books and conference proceedings in the world's largest publisher-neutral global citation database. Publications are evaluated by a global team of in-house editors at Clarivate using rigorous selection criteria. The data from selected content are then carefully curated to ensure accuracy in the JCR metrics, together with a wide body of descriptive data. These insights enable researchers, publishers, editors, librarians and funders to explore the key drivers of a journal's value for diverse audiences.

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- The Journal Citation Reports contains more than 21,000 journals, from 254 research categories and 114 countries. This includes:
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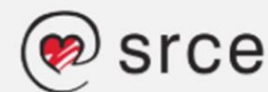
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Tree hugging

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Pretraživanje po ključnim riječima i riječima iz naslova rada

Napredna pretraga

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240505

Radovi u časopisima

122681

Ocjenski radovi

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Radovi u zbornicima skupova

Pronađeno 1 radova, za izraz: "NASLOV/KLJUČNE RIJEČI: (Tree hugging)"

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1. [Racz, Aleksandar](#)

"Grljenje stabala" – ekološki fanatizam, pomodarsko prenemaganje ili ponovno otkrivena drevna mudrost // *Zbornik radova*: 2. OSJEČKI DANI BIOETIKE, *Osijek*, 5.–6. studenoga 2018. / Kelam, Ivica (ur.).

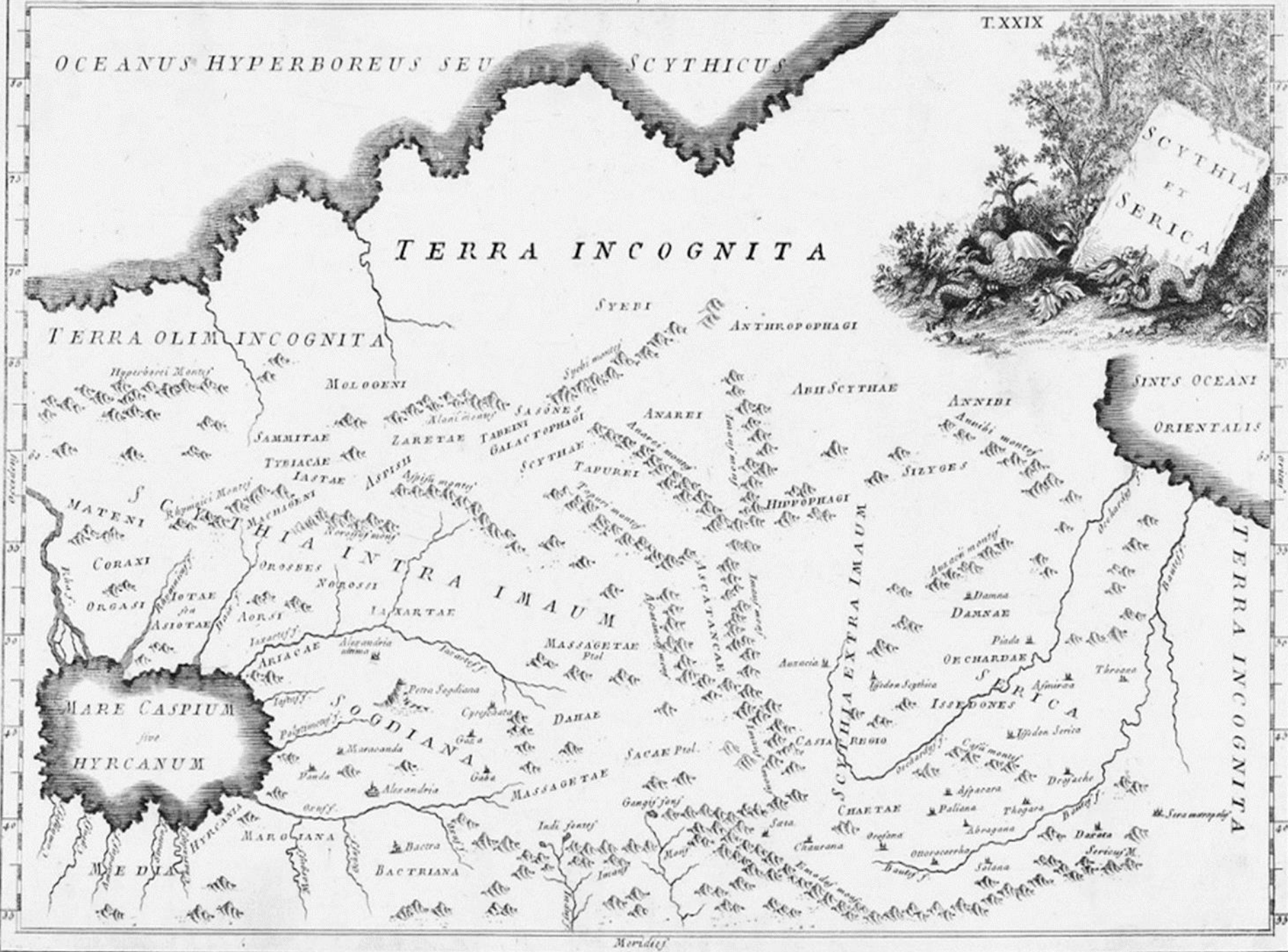
Osijek: HBD, 2018. str. 58-60 (predavanje, međunarodna recenzija, prošireni sažetak, znanstveni)

www.bioetika.hr www.bioetika.hr



THANKS
FOR
NOTHING

The text "THANKS FOR NOTHING" is written in a thick, hand-drawn, sketchy font. The letters are black with visible brushstrokes. The word "THANKS" is on the top line, "FOR" is in the middle, and "NOTHING" is on the bottom line. The entire text is surrounded by a circular arrangement of decorative elements. There are numerous small black dots of varying sizes, some larger grey dots, and several five-pointed stars of different sizes. Some of the stars have a textured, hand-drawn appearance. The overall effect is that of a celebratory or ironic message, possibly for a birthday or anniversary, given the "NOTHING" at the end.





tree hugging and health



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Oko 12.400.000 rezultata (0,49 sek)

<https://www.thewilderoute.com> › t... ▾ Prevedi ovu stranicu

The Incredible Benefits of Tree Hugging - The Wilder Route

15. svi 2021. — When you **hug** a **tree** you release a hormone called oxytocin – known as the hormone of love, trust, & all the warm & fuzzy feels. Think about what ...



tree hugging and evidence based medicine



Sve

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Oko 25.500.000 rezultata (0,56 sek)

<https://wildtreeadventures.com> › hu... ▾ Prevedi ovu stranicu

Hugging trees is good for us! - Wild Tree Adventures

22. tra 2020. — “**Hugging** a **tree** increases levels of hormone oxytocin. This hormone is responsible for feeling calm and emotional bonding. When **hugging** a **tree**, ...
Nedostaje: medicine | Mora uključivati: **medicine**

<https://silvotherapy.co.uk> › articles ▾ Prevedi ovu stranicu

The Benefits of Hugging Trees - An Darach Forest Therapy

25. svi 2022. — **Research shows that hugging trees reduces levels of cortisol** measurable in saliva (a marker of stress) and reduces blood pressure and heart rate ...

<https://silvotherapy.co.uk> › articles ▾ Prevedi ovu stranicu

Is Forest Bathing About Hugging Trees?

9. tra 2022. — Yes, again there is a wealth of **evidence** that **hugging trees** can be good for us: **Tree** bark is a rich source of terpenes - terpenes are specific ...

<https://www.thesoulmedic.com> › tr... ▾ Prevedi ovu stranicu

Tree Hugging Scientifically Proven to Improve Your Health

20. kol 2018. — **Tree hugging has now been shown to have scientific validity after all.** Contrary to popular belief, touching a **tree** does make you healthier.

Tree Hugging Scientifically Proven to Improve Your Health

Posted on August 20, 2018

that **trees improve many health issues** such as; mental illnesses, Attention Deficit Hyperactivity Disorder (ADHD), concentration levels, reaction times, depression and the ability to alleviate headaches.

Countless studies have shown that children show significant psychological and physiological effects in terms of their health and well-being when they interact with plants. They demonstrate that **children function better** cognitively and emotionally in green environments and have more creative play in green areas.

New Book Explains How Hugging Trees Could Actually Improve Your Health

DESIGN

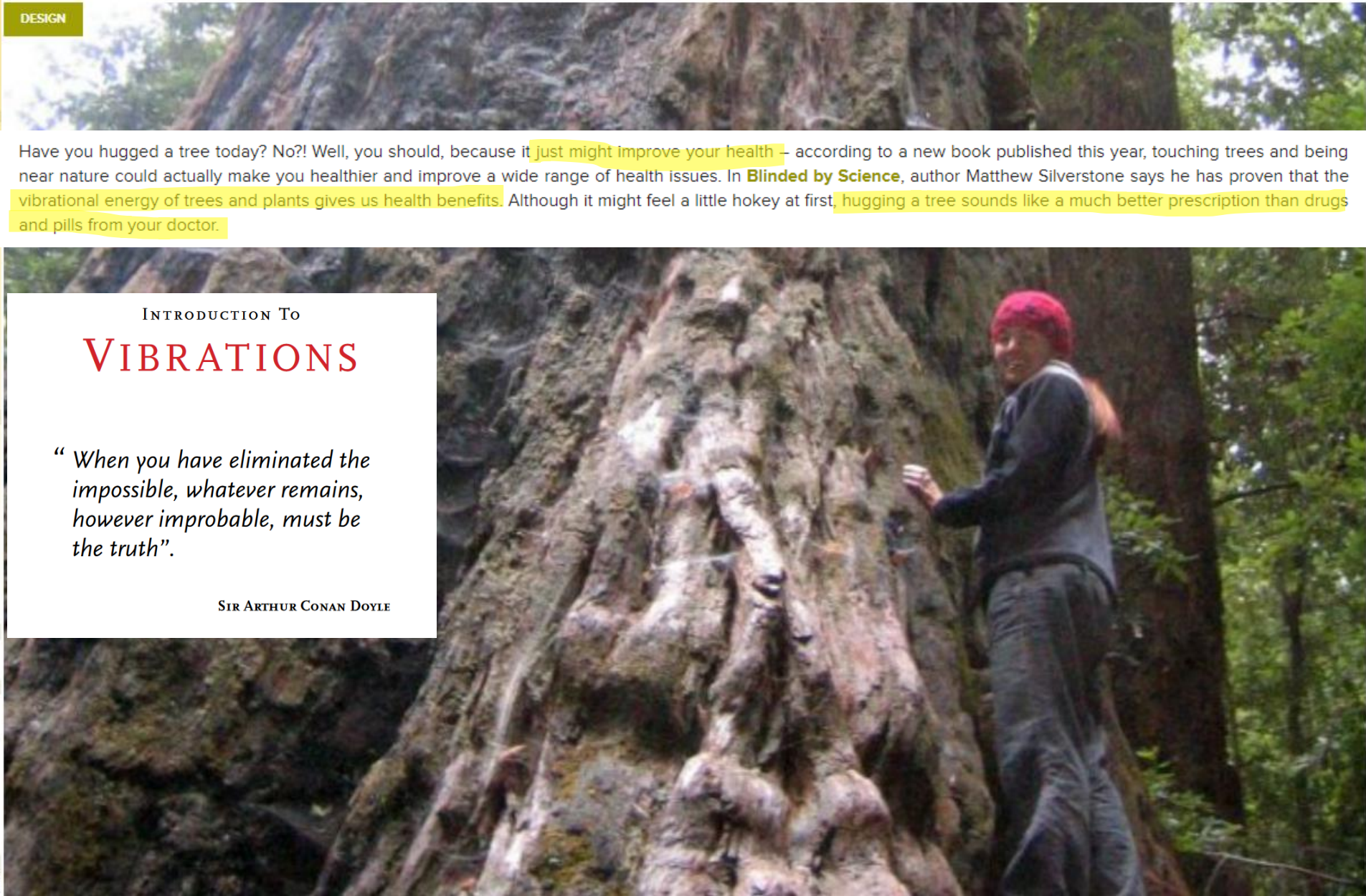
Have you hugged a tree today? No?! Well, you should, because it **just might improve your health** – according to a new book published this year, touching trees and being near nature could actually make you healthier and improve a wide range of health issues. In **Blinded by Science**, author Matthew Silverstone says he has proven that the **vibrational energy of trees and plants gives us health benefits**. Although it might feel a little hokey at first, **hugging a tree sounds like a much better prescription than drugs and pills from your doctor.**

INTRODUCTION TO

VIBRATIONS

“When you have eliminated the impossible, whatever remains, however improbable, must be the truth”.

SIR ARTHUR CONAN DOYLE





- In a recently published book by author Matthew Silverstone, **Blinded by Science**, evidence confirming trees and their healthful benefits includes their effect on mental illnesses, Attention Deficit Hyperactivity Disorder (ADHD), concentration levels, reaction times, depression, and the ability to alleviate headaches.





INTRODUCTION TO PLANTS

“Despite the fact that the rhythmical behaviour is a quintessential pattern of life itself, most researchers still treat vibrations in plants as some unwanted physiological noise”.

SERGEY SHABALA,
“COMMUNICATION IN PLANTS” 2009

THE HEALTH BENEFITS OF PLANTS

There are hundreds of scientific papers proving that plants make you healthier. I am not referring to herbal treatment here, but proof that simply being around plants can have positive health benefits. These are not small studies that investigate small-scale tree-hugging; quite the opposite – these are major international studies. You might ask, therefore, that if there are so many benefits, why do we not know about them? Why didn't I know that a plant can have any benefits? The answer, as in so many other instances, is that the scientists do not know they have proved it – in fact, they would probably run a mile if they thought that there was any science in this at all. How could they raise funding for future projects if their research were in any way mixed up with the idea of tree-hugging? But let me give you an example of a study that I believe points towards the idea that trees help people who are ill.

The title of this research gives it all away – “Children with attention deficits concentrate better after walk in the park”. This paper, written in 2009 by Taylor and Kuo, can suggest one of two things: either that there is something about going to a park that helps to restore the children's attention, or that objects within the park are creating an environment that somehow stimulates the body to improve its concentration levels. It is pretty obvious which hypothesis all the scientists choose – the first one, the safer option. I am going to propose a different interpretation of the study's findings, and I hope you will agree that my solution fits the facts. I hope my interpretation will change people's opinion of the role of nature in health and will in fact lead, in the future, to free health treatment for millions of people simply by making sure they are near to plants.

Taylor and Kuo's study was incredibly methodical in its design.

Seventeen children aged seven to twelve, who were all clinically diagnosed with ADHD, experienced three environments: a city park, a downtown walk and a neighbourhood walk. Each walk lasted twenty minutes, and their walks in the different environments were spaced one week apart. After each walk, the children's concentration levels were measured using approved measuring techniques for children with ADHD. The conclusion of the study was that twenty minutes in a park setting was sufficient to elevate attention performance relative to the other walks, and that "Doses of nature" might serve as a safe, inexpensive, widely accessible new tool in the tool kit for managing ADHD symptoms."



If there is this positive affect for children with ADHD, do you not think it would work for everyone? I would argue that all school children should have some of their classes outside, amongst the plants, to improve their concentration levels. One study of forty schools with more than four hundred students found that "environmentally based curricula were linked with a whole range of benefits, including increased engagement and enthusiasm for learning and higher scores on standardized tests in reading, writing, maths, science and social studies".

Of course, the ADHD study proves nothing in terms of an underlying mechanism; I use it only to introduce an idea. The park in question was not described so I have no idea what was in it – whether it was a wooded park, one with just grass or a combination of the two.

Children With Attention Deficits Concentrate Better After Walk in the Park

Andrea Faber Taylor
Frances E. Kuo
University of Illinois, Urbana-Champaign

Objective: In the general population, attention is reliably enhanced after exposure to certain physical environments, particularly natural environments. This study examined the impacts of environments on attention in children with ADHD. **Method:** In this within subjects design, each participant experienced each of three treatments (environments) in single blind controlled trials. Seventeen children 7 to 12 years old professionally diagnosed with ADHD experienced each of three environments—a city park and two other well-kept urban settings—via individually guided 20-minute walks. Environments were experienced 1 week apart, with randomized assignment to treatment order. After each walk, concentration was measured using Digit Span Backwards. **Results:** Children with ADHD concentrated better after the walk in the park than after the downtown walk ($p = .0229$) or the neighborhood walk ($p = .0072$). Effect sizes were substantial (Cohen's $d = .52$ and $.77$, respectively) and comparable to those reported for recent formulations of methylphenidate. **Conclusion:** Twenty minutes in a park setting was sufficient to elevate attention performance relative to the same amount of time in other settings. These findings indicate that environments can enhance attention not only in the general population but also in ADHD populations. "Doses of nature" might serve as a safe, inexpensive, widely accessible new tool in the tool kit for managing ADHD symptoms. (*J. of Att. Dis.* 2009; 12(5) 402-409)

Keywords: children; attention; physical environment; symptom management

Could exposure to everyday green spaces help treat ADHD? Evidence from children's play settings

A Faber Taylor, FE Kuo - *Applied Psychology: Health and Well* ..., 2011 - Wiley Online Library

... Methods: Data on 421 children's ADHD symptoms and usual play settings were collected ... severity in children with ADHD. Specifically, children with ADHD who play regularly in green ...

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Children with attention deficits concentrate better after walk in the park

A Faber Taylor, FE Kuo - *Journal of attention disorders*, 2009 - journals.sagepub.com

... on attention in children with ADHD. Method: In this within ... old professionally diagnosed with ADHD experienced each of ... Results: Children with ADHD concentrated better after the ...

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A potential natural treatment for attention-deficit/hyperactivity disorder: eviden from a national study

FE Kuo, A Faber Taylor - *American journal of public* ..., 2004 - ajph.apublications.org

... Faber Taylor and FE Kuo, unpublished data, 2004) was conducted to address the issue of causality. In this study, children with ADHD completed guided walks, while unmedicated, in ...

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Contact with nature can help ADHD children to cope with their symptoms The state of the evidence and future directions for research

F Di Carmine, R Berto - *Vis. Sustain*, 2020 - ojs.unito.it

... ADHD symptoms than their counterparts playing indoors or in built outdoor settings" (Faber Taylor and Kuo, 2011, p. 296). Moreover, authors tried to differentiate environments between ...

☆ Spremi ☞ Citiraj Spominje se 5 puta Srodni članci Svih 3 inačica ☞

Coping with ADD: The surprising connection to green play settings

AF Taylor, FE Kuo, WC Sullivan - *Environment and behavior*, 2001 - journals.sagepub.com

Ending the stalemate over CFS/ME

BMJ 2011 ; 342 doi: <https://doi.org/10.1136/bmj.d3956> (Published 22 June 2011)

Cite this as: BMJ 2011;342:d3956

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Are we blinded by science?

Dear Fiona,

This is one of the best editorials in a long time on chronic fatigue syndrome! Does anyone in the establishment know what causes this? What is it all about? What is its natural history? How can we then search for its cure? It is the same as the Indian elephant story with five blind men trying to explain the elephant. It is so with many other diagnoses, like autoimmune diseases and what have you. I even have a serious doubt if this hypothesis about diagnosis of diseases has any valid basis at all. Each disease label presents differently in different people, anyway. I agree with Mary Tinnetti when she wrote that the disease era has come to an end. (Am J Med. 2004;116:179 -185.)

Many a time the blind men describing the elephant might have an insight into the problem even without having their eyesight. Such a blind man was Matthew Silverstone, a London commoner, who had a son who suffered from this malady for a long time. Only the father could understand the sorrow of this malady. Blindly he went to knock at all the doors of modern medicine in all its ramifications without much relief. The boy was going down steadily with hardly any energy to do anything even in early mornings. When a friend suggested that junior Silverstone should hug a tree in the park daily for long periods of time, the father with his "scientific" outlook mocked at the suggestion. So did his wife.

The desperate patient, the son, however did exactly that religiously. As the son gradually improved to the utter disbelief of both the parents they wanted to know what he does. They saw him hugging a tree in their garden every morning for an hour. Boy recovered completely. The father wanted to know if there is any "scientific" basis for this anecdotal miracle. Although he was not a PhD or MD, he became a shade better than both of those put together. Isaac Newton and Albert Einstein were not PhDs either. Ravindranath Tagore got his Nobel for English Poetry in 1913 without having had any formal schooling in English. He did not go to

The 70th miracle: Lourdes healing officially declared supernatural



Since the apparitions, Lourdes has dealt with more than 7000 cases of unexplained cures.



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Lourdes Facts - World Pilgrimage Guide

Four to six million pilgrims from around the world visit the shrine each year and it is estimated that more than 200 million pilgrims have come to Lourdes since ...



Our Lady of Lourdes grotto, Lourdes, France. | Elise Harris/CNA

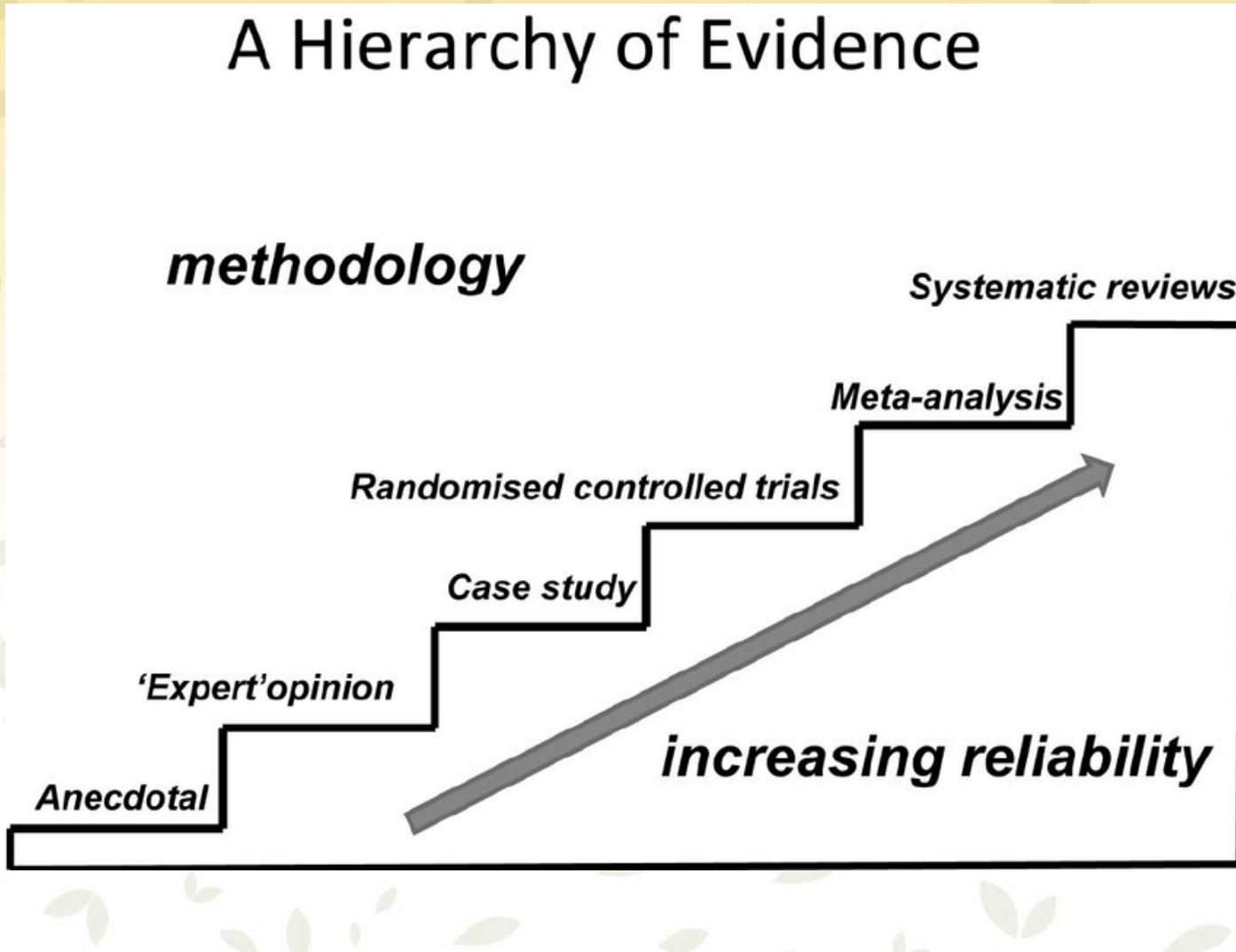


By CNA Staff

Lourdes, France, Feb 12, 2018 / 14:00 pm

A miracle was officially recognized at the Marian shrine of Our Lady of Lourdes in France, the 70th Lourdes miracle recognized by the Catholic Church.

- **Anecdotal evidence** is evidence based only on personal observation, collected in a casual or non-systematic manner.



- In science, definitions of anecdotal evidence include:
 - "**casual observations** or indications rather than rigorous or scientific analysis,,
 - "the report of **an experience by one or more persons that is not objectively documented** or an experience or outcome that occurred outside of a controlled environment"



Science Shows Hugging Trees Is Good For Health

Posted on **March 30, 2015** | Views: 3724

by **Alanna Ketler**: I'm sure most people have heard of the term "tree-hugger," often a nickname given to people who care about the environment and the planet...



But did you know that hugging trees can actually improve your health? As a matter of fact, you don't even have to hug a tree to reap the numerous health benefits, just being around trees and plants in nature is enough.

Stabla nam daju energiju – Kako pronaći svoje drvo, zašto i kako ga grliti

By Atma - 2. srpnja 2018. 15128

...an odnos prema bukvi imaju i u selu Koštunići kod Gornjeg Milanovca u Srbiji čije
...ovništvo smatra da se **grljenjem ovih stabala iscjeljuju sve zdravstvene tegobe**

Bukva – jača otpornost na stres i jača koncentraciju, povoljno djeluje i na cirkulaciju. Smanjuje otekline i kožne upale. Pomaže u uravnoteženju mentalnog zdravlja izražava emocije, utječe na izražavanje i sposobnost **i glavni je provodnik kozmičkog zračenja.**



161
komentara



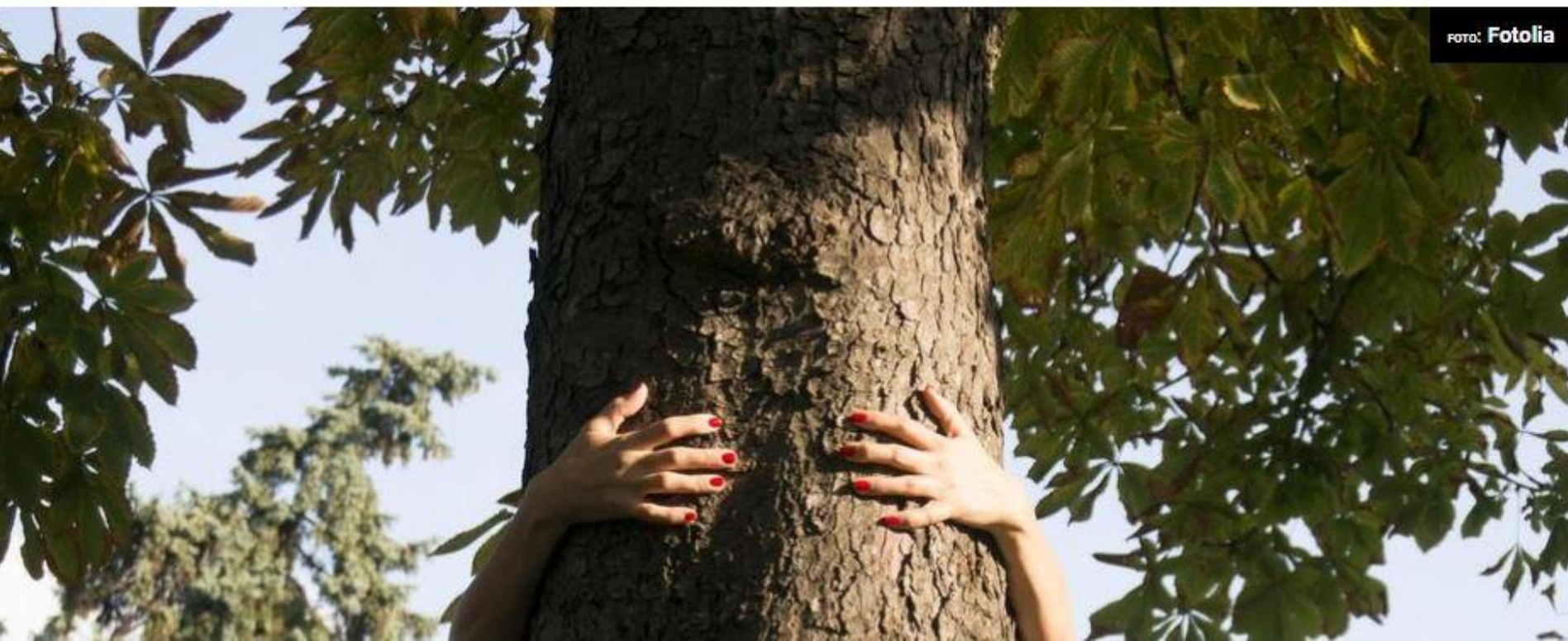
Energija šume: Ako zagrlite drvo, dobit ćete nalet energije

Lipa i bagrem štite od zla i uroka, a moćni hrast na čovjeka prenosi snagu, otpornost, volju i dobro zdravlje. Osim toga, boravak među drvećem normalizira tlak i ublažava stres

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11730 prikaza



Zagrli stablo i iscijeli bolesne organe

PIŠE: Astral • 03. TRAVNJA 2015.

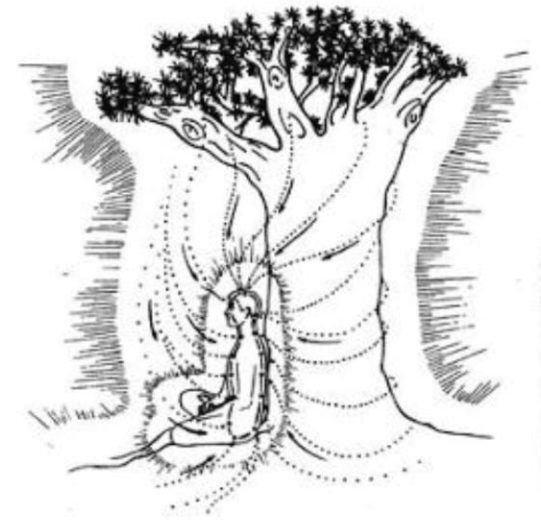


Figure 2-35. Meditate while sitting under a tree. Absorb the tree's energy through the stations (points) of the Microcosmic Orbit

o je vrlo dobro da se oslobodite napetosti i razdražljivosti. Ako imate problema s unutrašnjim rganima, jednostavno – zagrlite drvo kao dragog druga. Ali, ne preporučuje se da u tom zagrljaju boravite duže od dvadesetak minuta – pojašnjava.





**Orah - Spremni
za sadnju?**

Kupcima za plantaže
gratis gnojivo za
potapanje sadnica



Stabla nam daju energiju – Kako pronaći svoje drvo, zašto i kako ga grliti

By **Atma** - 2. srpnja 2018.  15125

I daščica liječi

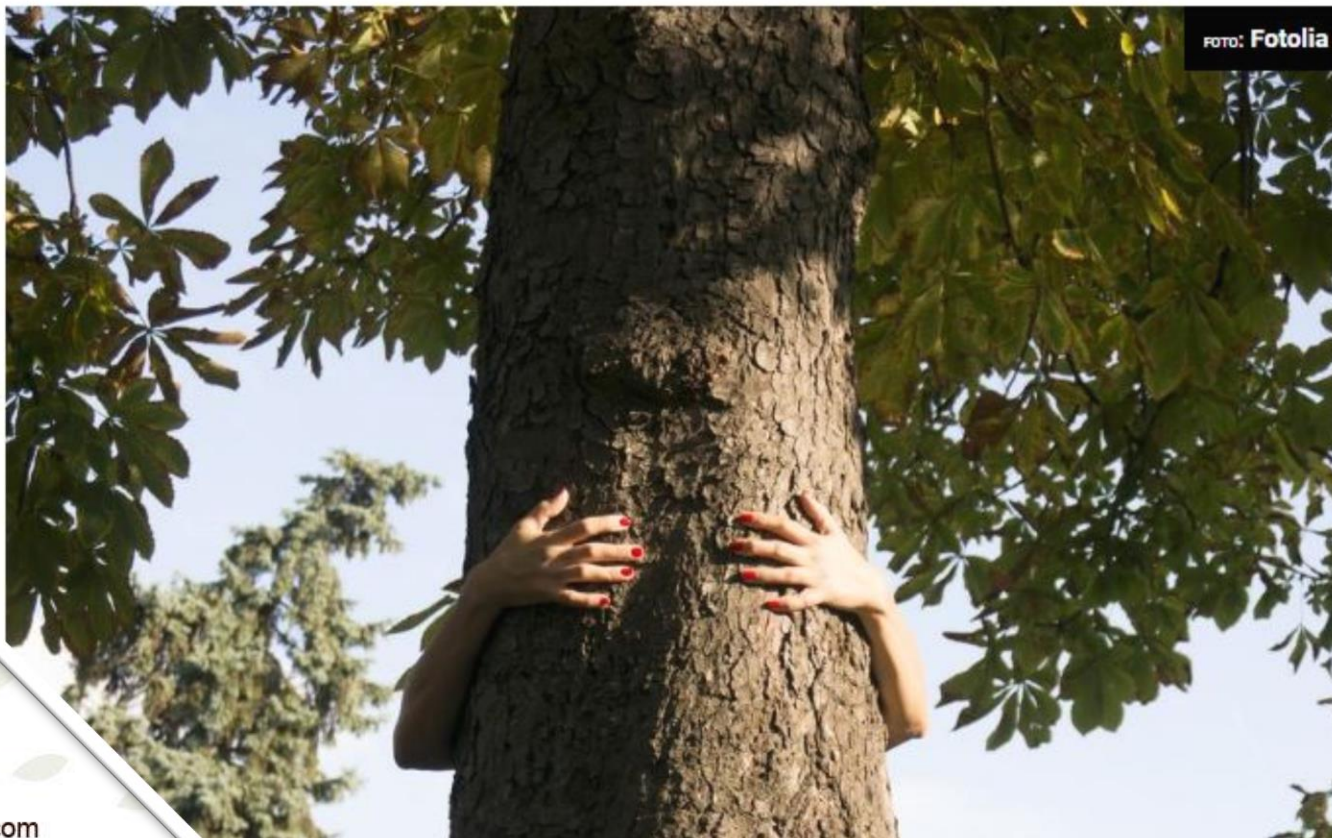
Za dendroterapiju jako je važno koristiti živo drvo, a ne njegov komadić. Ali, u slučaju nužde može i tako.

– Ne znam je li vam poznato, ali u Rusiji su se oduvijek na ovaj način liječili zubobolja, angina, gastritis ili glavobolja. **Pet do sedam minuta držati daščicu pored bolnog mjesta** – i gotovo. Ove metode ne mogu naštetiti i preporučuju se posebno onim osobama koje pate od spazma velikog mozga ili kardiovaskularnih bolesti – tvrdi Vinogradov.

Stanje drveća oko nas pokazatelj je i kvalitete sredine u kojoj živimo. Loše stanje drveća oko kuće je znak vlasniku da nešto nije u redu.

Kako drveće pruža terapiju

Približite se stablu prijateljski i s povjerenjem. Pozdravite ga (u mislima ili naglas) i zamolite da vam pomogne. Liječite li unutrašnje organe ili se naprosto želite napojiti energijom, zagrlite drvo. **Imate li površinsku ozljedu ili artritis, nakratko prislonite bolno mjesto o drvo.** Osjećate li se tužno ili uzrujano, priljubite uz drvo leđa i ruke. Ako strahujete od tuđeg podsmijeha, ne morate doslovno grliti drvo. Dovoljno je provesti neko vrijeme pokraj drveta.



Vrba – pruža vitalnu energiju starijim i bolesnim a. **Dim** nastao paljenjem vrbovog drveta umiruje i vodi duše mrtvih.





Google is garbage.

Dost



tree hugging and porn



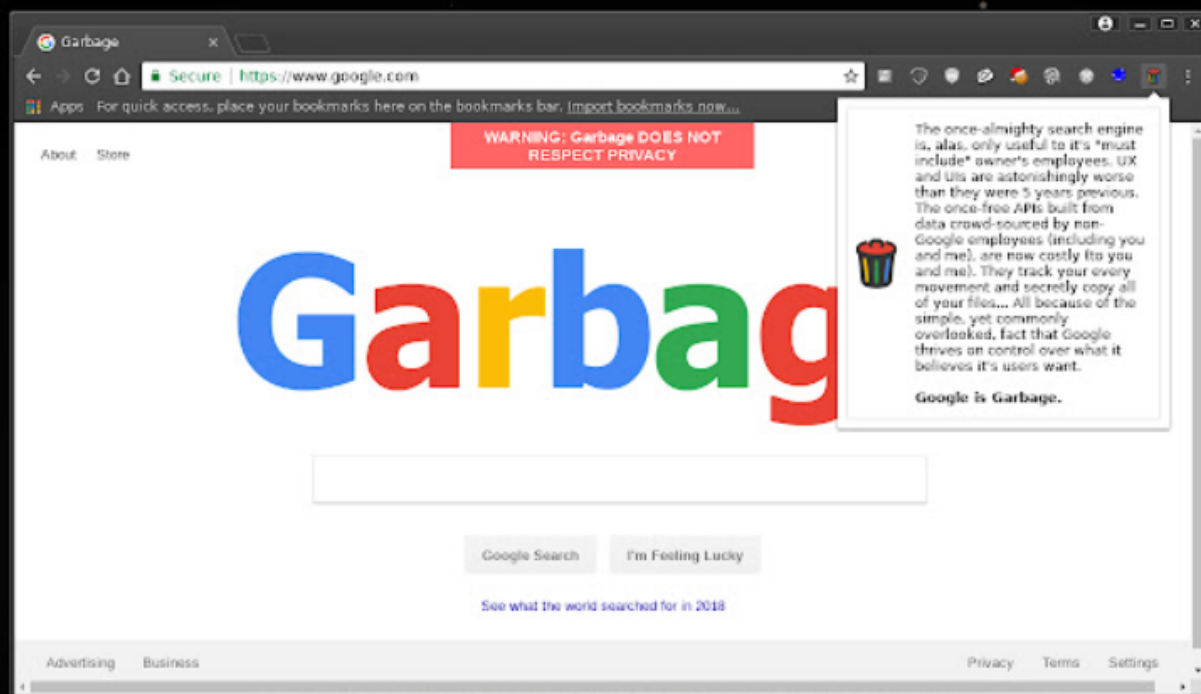
Alati

Oko 19.800.000 rezultata (0,53 sek)

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[Tree Hugger Porn Videos | Pornhub.com](#)

Watch **Tree Hugger porn** videos for free, here on Pornhub.com. Discover the growing collection of high quality Most Relevant XXX movies and clips.





Most people don't really want the truth. They're just looking for answers that confirm their prejudices.

Jim Wilhelmsen

Clothing naked quackery and legitimising pseudoscience

BMJ 2011 ; 343 doi: <https://doi.org/10.1136/bmj.d5960> (Published 21 September 2011)

Cite this as: *BMJ* 2011;343:d5960

Future Research – tree hugging health effects?

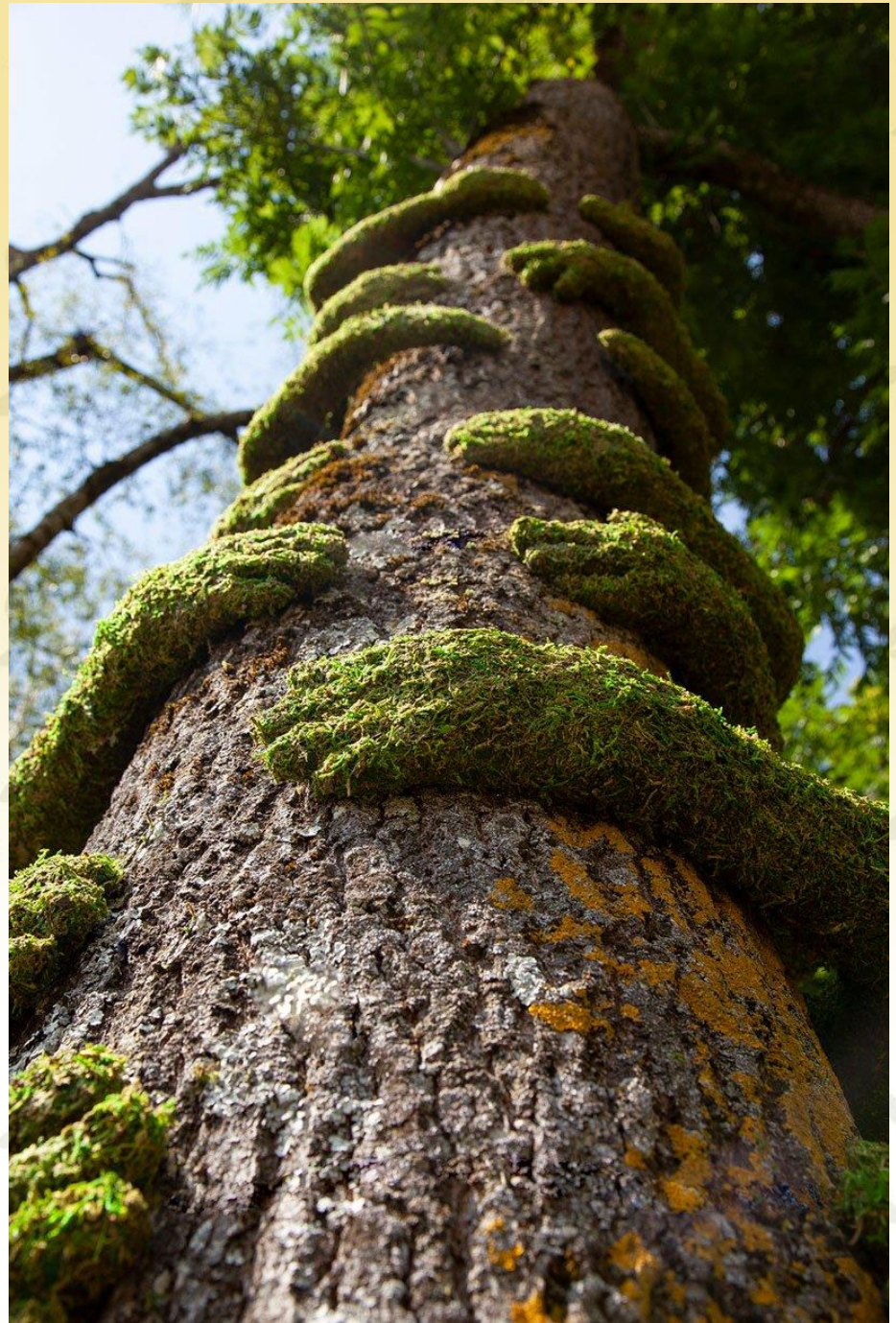
To distinguish:

- ☐ Forest bathing from Tree hugging?
- ☐ Tree Hugging from **hugging**?
- ☐ Wild nature from urban nature?
- ☐ Real experiences and previous memories?
- ☐ Real nature with real 5 senses from virtual realities?

Dilemma and research questions?

- The long-term effects?
 - Dose and duration?
- The absence of follow-up evaluation?
- Type of a tree? Location and context?
 - Different population groups?
- Small samples? Adjustment for confounders?
- Cultural, geographical and ideological differences?
- Possibility of translation from Shinrin-yoku to tree hugging?
- Participants interested in forest therapy may become more vulnerable to the placebo effect?
- Translation of results into medical practice?

CONCLUSION



Earth has 3 trillion trees. But is that enough?

New estimates suggest that planet Earth is home to eight times as many trees as previously thought.

Nature has enough for everybody's need but not for everybody's greed

Mahatma Gandhi

Biome-level trends in tree density demonstrate the importance of climate and topography in controlling local tree densities at finer scales, as well as the overwhelming effect of humans across most of the world. Based on our projected tree densities, we estimate that over 15 billion trees are cut down each year, and the global number of trees has fallen by approximately 46% since the start of human civilization.

There are 3 trillion trees on Earth – but they're disappearing fast

There are around three billion trees in the UK, or around 47 for each person in the country

Doug Bolton | @DougieBolton | Wednesday 2 September 2015 19:56 | 1 comment

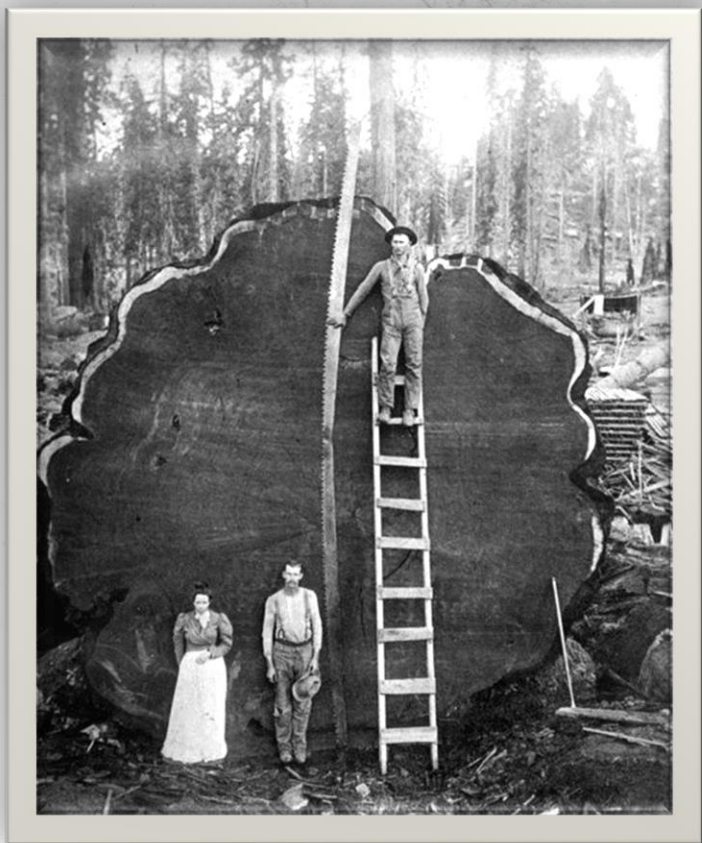


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The Independent

- If we continue at our current rate of **forest loss -19 million hectares a year**, we will have destroyed more than half of the Earth's forests within a century







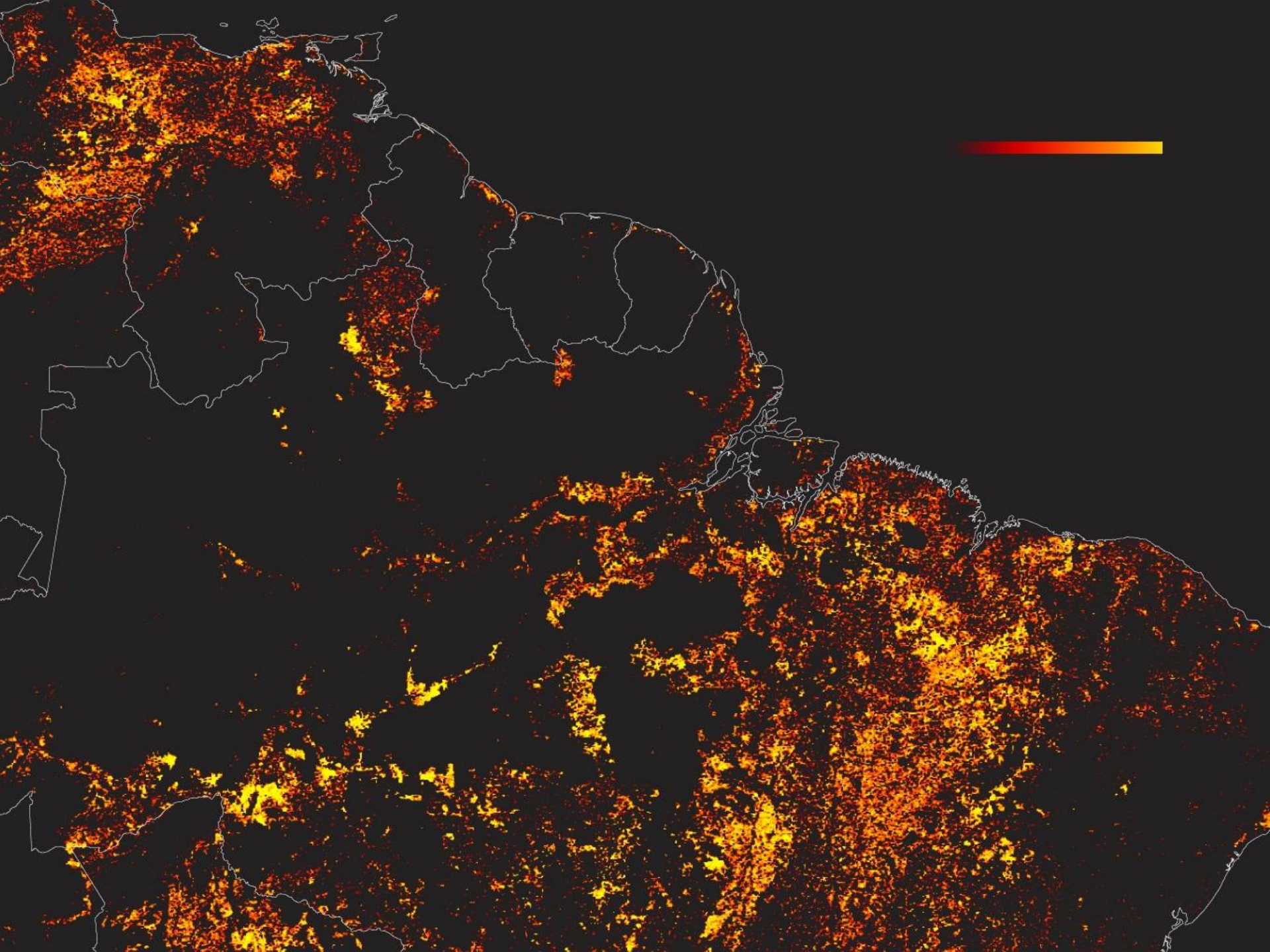






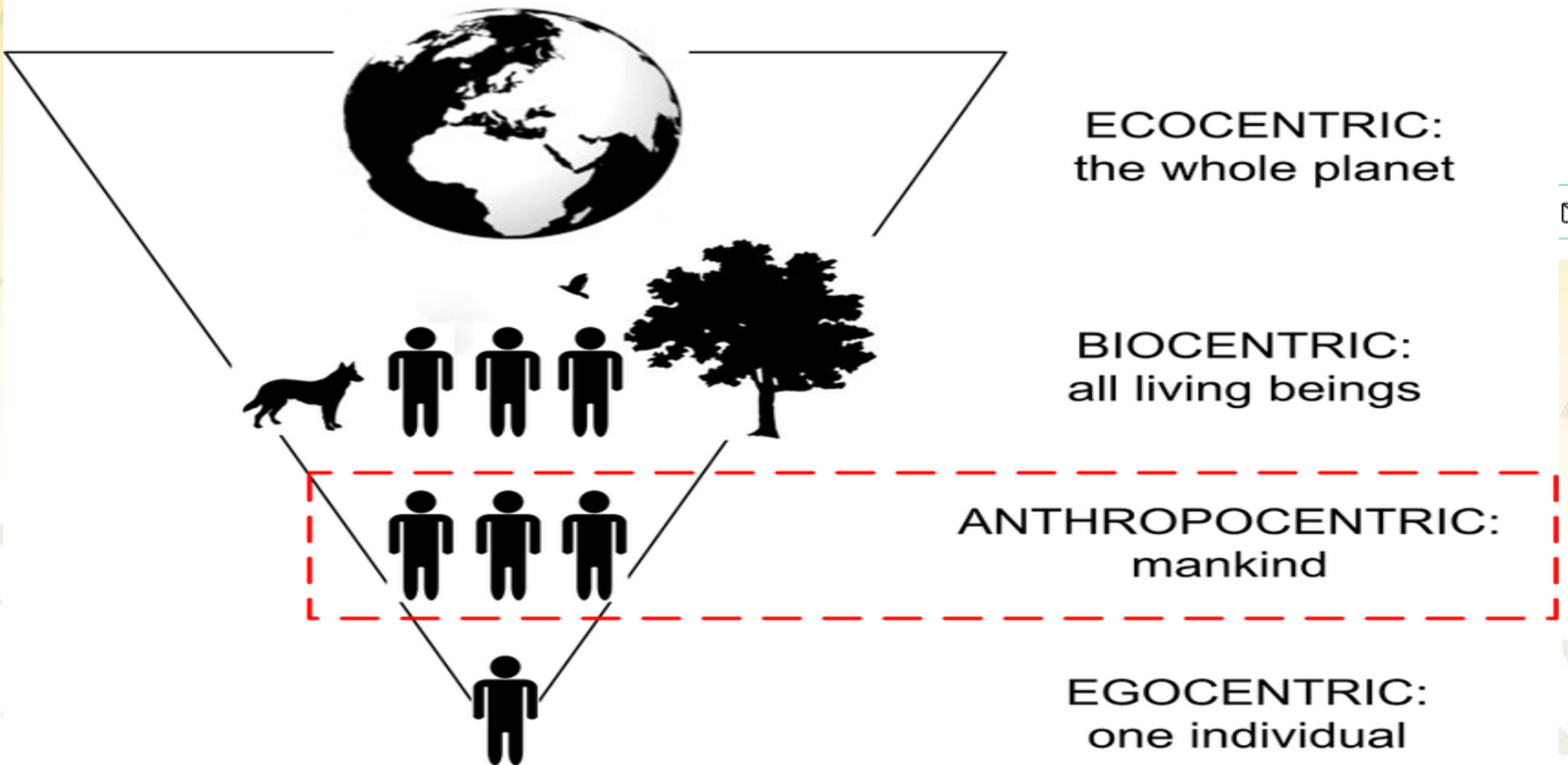








Do Trees Like Being Hugged?



Community Engagement

Do Trees Like Being Hugged?

“Human beings and human society held no greater moral value than did nonhuman species and ecological systems.”

New Hampshire Public Radio | By Sam Evans-Brown

Published January 8, 2021 at 6:00 AM EST



Answered By: **Lawrence Hill** Date: created: **May 19 2022**

Abusive tree-hugging can remove the rich tapestry of moss, lichen and lungworts covering the bark, preserving moisture and providing a home to bacteria that take nitrogen from the air and supply it to the tree so it can grow still larger.





1937



1954



2004



2019



















"Even if I knew that tomorrow the world would go to pieces, I would still plant my pine tree.,, Martin Luther



Aleksandar.racz@zvu.hr

Aleksandar.racz@gmail.com

• 00 385 91 4595 722

• 00 385 91 2334 565



Do not break my locusts,
without them, the wind will blow me
away.

Let them be, they have to keep, for
me,

a secret, golden like ducats:

do not break my locusts, I used to
kiss her under them

her — barefoot and escaping a
dream.