



# BEING IN THE FOREST. THE NATURAL RESPONSE TO PSYCHOLOGICAL STRESS AND LIFESTYLE DISEASES

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## ABOUT IWSI

IWSI stands for multidisciplinary expertise and original offers in the field of forest and health. Having started as pioneers of Shinrin Yoku and Forest Bathing in German-speaking countries, we have developed into an internationally composed institute, offering quality-tested and effectiveness-confirmed programs at the highest level

IWSI specializes in health-related professions as well as prevention within living worlds of individuals and conveys the „Shinrin Yoku by Dr. Qing Li“. For this we have set a cooperation agreement with Dr. Li

IWSI uses the salutogenic effects of the forest and brings more nature into medical care and people's lives in all relevant settings

As part of the therapeutic treatment, the I”M-WALD-SEIN method” is a complementary form of therapy, which motivates and empowers users to adopt a health-promoting lifestyle





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AND FOREST THERAPY

## FOREST THERAPY IN MEDICAL CARE?

Together with Sana-Clinics Sommerfeld  
IWSI started a co-operation in 2021, with which  
forest therapy is to be adapted as a naturopathic  
treatment in the therapy of Long COVID  
conditions



TOP EXPERT TRAINING: Medical staff at Sana Clinics Sommerfeld exploring the IM-WALD-SEIN  
Method of Forest Medicine and Forest Therapy and Shinrin Yoku by Dr. Qing Li



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UND WALDTHERAPIE



## INITIAL BACKGROUND

Pandemic has shown: Especially urban forests are an important resource in crisis situations

Due to distance regulations, fewer patients could be treated indoors at the same time, clinic forests and parks offered an excellent alternative

In the medical field, however, it is important to adapt treatment methods to today's requirements and new patient groups

Although we understand forest therapy as a complementary holistic method, medical staff has a key role in selecting and instructing patient-adapted measures and evaluating them together with the patient

Long Covid is a complex and varied syndrome that, according to experts, affects about ten percent of all adults suffering from COVID-19

Forest therapy as a naturopathic treatment can help in the therapy of these late effects, if the potentials of school and natural medicine are linked in a holistic approach





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## SANA CLINICS SOMMERFELD

As a traditional pulmonary sanatorium, Sommerfeld has a rich experience in forest therapy. Since 1914, tuberculosis patients have been treated in forest halls and with dosed terrain cures

Since April 2020 patients have been rehabilitated after severe corona infections, patients with typical symptoms of Long Covid Syndrome have been treated since 2021

Physical therapy, dosed endurance training on the treadmill with and without oxygen, targeted chest massage and outdoor therapy are elements of this treatment concept





TOP EXPERT TRAINING: IWSI Forest and Health Expert and Psychologist Sabine Oberg trains medical staff at Sana Clinics Sommerfeld in the IM-WALD-SEIN Method of Forest Medicine and Forest Therapy and Shinrin Yoku by Dr. Qing Li

## WHY LINKING FOREST THERAPY TO THE REHABILITATION OF PATIENTS WITH LONG-COVID CONDITIONS?

The effects of the forest we intuitively feel when we are out and about in this fascinating natural space can be used within the therapy of long-COVID. After a stay in the forest most people report feeling happy, more balanced and fit

Science has also impressively proven that in the forest several components combine to create a synergistic and powerful health effect

Just think of the components of light, colors and acoustic stimuli that are pleasant for our brain nerves. In addition, there are the biochemical effects, the molecular and phytomedicinal aromatic oils (phytoncides)

The multiple combined effects on our senses make up the strong overall effects of forest medicine on the immune system, cardiovascular system and especially on the mental-emotional state

Coming back to our natural environment and feeling the existential connection to nature and the spiritual unfolding that being in the forest enables, can contribute significantly to stress reduction and have strong anti-depressive and anxiety-relieving effects





## OUR CONTRIBUTION:

### IM-WALD-SEIN. TOP EXPERT PROGRAM

#### **Expert training for medical staff**

Main learning goals: health effects of "Shinrin Yoku by Dr. Qing Li" and application of "Forest Therapy according to the IM-WALD-SEIN method"

Lectures and workshops in theory, self experience and clinical practice

#### **Top Expert Tools**

Tools to implement IM-WALD-SEIN. Top Expert successfully and sustainably for the benefit of employees and patients

Empowerment tools motivating to integrate health-promoting elements into daily routine

Expressed in health insurance terminology, central fields of action are: exercise, relaxation and stress management





TOP EXPERT TRAINING: Medical staff at Sana Clinics Sommerfeld exploring the IM-WALD-SEIN Method of Forest Medicine and Forest Therapy and Shinrin Yoku by Dr. Qing Li







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THANK YOU FOR YOUR ATTENTION!  
WE ARE LOOKING FORWARD TO A  
FRUITFULL DISCUSSION WITH YOU

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