



NATURE AND YOUR LUNGS

PRESCRIPTION

2 hours/week in nature

Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing.

- Studies show that spending more time in green space drops your risk of asthma and mortality from lung disease.
- While we breathe in the fresh air, we breathe in phytoncides, airborne chemicals that plants give off to protect themselves from insects. Phytoncides have antibacterial and antifungal qualities which help plants fight disease. When people breathe in these chemicals, our bodies respond by increasing the number and activity of a type of white blood cell called natural killer cells or NK. These cells kill tumor- and virus-infected cells in our bodies.
- Research shows that participating in nature activities reduces inflammatory biomarkers like IL-6, which have been linked to asthma.

LINKS

- <https://www.heartandstroke.ca/articles/how-nature-improves-your-health>
 - <https://www.dec.ny.gov/lands/90720.html>
 - <http://www.ncbi.nlm.nih.gov/pubmed/16873099>
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6121514/>
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