



NATURE AND YOUR GUTS

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.

- Fresh air increases the flow of oxygen helping you digest food more effectively.
- Research has found that walking helps speed up the time it takes food to move from the stomach into the small intestines. This could help improve satiety after eating. There's also evidence that links this type of faster digestion with lower rates of heartburn and other reflux symptoms.
- Exercise stimulates peristalsis, which is the process of moving digested food through the GI tract.

LINKS

- <https://pubmed.ncbi.nlm.nih.gov/18392240/>
 - <https://pubmed.ncbi.nlm.nih.gov/19560716/>
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