



## NATURE AS HEALER

Watching a beautiful sunset, going for a mountain hike, walking along a beautiful beach, or just *looking* at a beautiful landscape may actually help prevent and treat illness, maintains Howard Frumkin, MD DrPH, Emory University Rollins School of Public Health.

“...Many people are intuitively drawn to this idea [that nature can heal]. They feel restored and healthier in a beautiful landscape.”

Dr. Frumkin points to four kinds of contact with the natural environment that may be “healing”: contact with animals, plants, or the wilderness, and viewing beautiful landscapes.

There’s already evidence that having a pet dog or cat can lower blood pressure and reduce stress levels. There’s also evidence that gardening is good mental – and physical – therapy.

“One day...we may find we can help prevent or treat illness by prescribing gardening, or pet ownership, or vacations in beautiful places,” says Dr. Frumkin.

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