

Guillermou

According to the Global Wellness Institute, forest therapy (or forest bathing) broadly means absorbing, through all the senses, the atmosphere of the forest. It is not simply a walk in the woods, but a conscious and contemplative practice of immersing yourself in the sights, sounds and smells of the forest. It is focused on slowing down and appreciating all aspects of the environment. Forest therapy originated with the Japanese practice of shinrin-yoku, which translates to “forest bathing,” developed in the 1980s to promote physical and mental health. The physical and mental health benefits of exposure to forests and other natural environments include positive effects on the cardiovascular and immune systems and reduced stress levels.

A study by researchers in Japan found that for a group of urban office workers, the physiological and psychological relaxation benefits lasted three to five days after forest therapy. One study found that, compared to an urban walk, a leisurely walk in the woods led to 12 percent lower levels of stress hormones, as well as a decrease in blood pressure and heart rate and an increase in immune function.

Studies have also found that walking in nature improves attention and reduces ADHD symptoms in children, and has also been associated with increased creativity and problem-solving abilities. The link refers to more benefits of “forest bathing” www.psychiatry.org/news-room/apa-blogs/forest-bathing-benefits-mental-.. (2024).-----

---- 15 MAJOR BENEFITS OF WALKING, ACCORDING TO EXPERTS

www.prevention.com/fitness/a20485587/benefits-from-walking-every-day/ . (2023).--

Posted On 04/12/2024

Trupiand

Walking barefoot in the forest sound great, and barefoot in the grass in general. What about pesticides, or ticks? Any reply will be helpful!

Posted On 04/13/2024

stoneharbor

A great article on one of the simplest ways to be healthy. No need for a long explanation of "technique", and almost no way to "do it wrong". The lead picture also was inspiring. What better way to walk than barefoot, if it's safe. The foot always works better barefoot than trapped inside any covering, and that includes the grounding that you achieve only when you have actual skin against the ground. I spent 2021 and most of 2022 in central Florida where I did more barefoot walking than ever before, as not only does Florida have almost unmatched miles of beaches to walk, but also unmatched miles of trails in it's dozens of state parks and wildlife management areas where often the trails are covered in grass, so friendly to the barefoot walker.

Level walking paths also afford an easy way to do some sprints if you want to mix in that activity with a walk. Another favorite way to walk is to explore trails that are on hills such that you get some different muscles involved as you are sometimes climbing, sometimes descending. All this helps build leg strength that is so important to maintain as you age. Just level walking on level ground does not help so much with the muscles you must use for lifting, arising and climbing or descending stairs. A few flight of stairs are a marvelous resource to have to actually quickly build leg muscle and increase cardiovascular health.

Posted On 04/12/2024

Guillermou

You are a great athlete. I do not use the elevator to access the floor of my home located on the fourth floor and when the weather is very bad I go up and down several times.----- 12 AMAZING HEALTH BENEFITS OF CLIMBING STAIRS www.kolorshealthcare.com/blog/amazing-health-benefits-of-climbing-stai..

Posted On 04/12/2024

Almond

I think there is an over emphasis on "forest bathing"--and there being a proper way to do it. I had a really terrible experience (in a city park, no less!) with a woman who was a "certified" forest bathing instructor. (What an awful concept!) BTW, those programs cost thousands of dollars. I was criticized for speaking with a friend before we even crossed the street to get to the forest. Was told to sit and be quiet for a definite period of time. Apparently, I did not "meditate" to her satisfaction. She prescribed our activities and schedule. I understand she also charges by the hour to walk people a half mile into the forest and ask them to sit on a log for a few minutes.

It was a totally bizarre, formalized experience--as if there is a right way or a wrong way to experience the forest. (Just as long as you don't burn anything down or leave garbage.) Some people are educated far beyond their intelligence. I happen to own timberland. I often walk it in many different ways and take pleasure in my walks at different times of the year. Sometimes, I look for new fawns or animal trails. Sometimes, I forage wild foods or bring back medicinals or bouquets of flowers. I may transplant bulbs or trees. Sometimes, I just cruise the land to see what needs maintenance and attention.

Have you ever seen the joy and power of imagination and inquisitiveness of a child experiencing the forest? No one has to tell them how to renew themselves. It is enough to free and expose oneself to nature. To feel the weather, whether rain or sun... to take time to release stress and count your blessings. Remember that man has a place in the cycle of nature and preserving nature is pointless if it requires that man be eliminated. The beauty and wonder of the natural world is God's gift to us. (It could just as well have been a black & white world, but it is filled with treasures.) It is one of those things where you just need to be present and the rest will come.

Posted On 04/12/2024

stoneharbor

Well said, Almond. I never heard of "forest bathing" but I can see how it's a lucrative business for some that are adept at selling anything. But experiencing a forest as a child does is the thing. I had a place for 12 years with 2 acres of woods and even at that time still took a weekly hike with a group in the "greater" outdoors somewhere. The difference between a solo walk and a group walk is astounding! For me, it's only the solo walk (or stand, then move a couple steps only, and repeat) that yields the connection that rejuvenates fully. At times I like to just make a comparison between what I view at one point in a walk, with what I view after taking only one additional step.

It's a great way to realize what "point of view" can mean on a small scale. The world becomes a different place, even every step you take. So you have a chance for a new experience also, each step you take. It's easy to realize this in a forest if you just stop a moment, but not as easy to realize if you are walking a boulevard or pasture. But it's true. So I'm with you on getting a fuller experience from a walk, I think, by viewing surroundings, and letting thoughts bloom and also letting our imagination be exercised. On a political note, we need to be aware that the "30 by 30" initiative proposed by WEF, the UN, etc., and adopted by the EU, Biden and others, is going to try to take away a lot of the sacred walking areas we have always taken for granted, even including our own deeded property.

The hype says: yaleclimateconnections.org/2021/03/details-behind-bidens-30-by-30-u-s-.. The critics say there's a better way: www.ecosophia.net/an-anthropocene-worth-having But watch out, this critic in Canada also says, this can turn out to be a land grab of your own land and resources: Watch out for The Natural Asset initiative: rumble.com/v4mkqdi-urgent-a-new-unelites-scam-called-the-natural-asset..

Posted On 04/12/2024

Almond

stoneharbour... It will be more difficult to take the land from people who have no debt. Not that it cannot be done. At any rate, it would not be fast or easy. Not every square foot of land would be surveilled even with drones. There were no door knockers during the last census, at least in our area, because of covid. They were even afraid to stand outside with a mask on. I was surprised that someone even attempted to recruit me (\$20+/hr.). For many censuses, I have only filled in the first 2 lines on the questionnaire, which you may notice is a gray-shaded box. This is the part that is legally required. The law says the purpose of the census is to "enumerate" the population.

For those with limited vocabulary, that means "to count"... to take a head count. I also volunteer that I am an American citizen, here legally. Nothing else is any of the government's damn business. They try to question my neighbors who chose not to volunteer info about me before they give up. (What is their issue with forcing you to surrender info? Govt already has access to your tax records and real estate appraisal.) My good neighbors felt it was not the right thing to do. My bad neighbors worried about a \$250K fine if they supplied misinformation. The census takers can also be sued for harassment. If govt cannot even get census takers, who will they find that is willing to go behind locked farm gates in rural areas to enforce mandates?

Once people realize there are more of us than them, all hell could break loose. We look at the example of Russia believing the war in Ukraine would be over in 2 weeks. There may be some over optimism among the globalists as the world turns against them. Various forms of collectivist (socialist, Marxist, communist) governments are just a regimen of greed... promises of redistribution that are made and never kept to the working class. We need to get the WEF, the WHO and the UN out of our lives. We all need to stand together to resist tyranny. Done before...

Posted On 04/12/2024

Almond

stoneharbour and all... I have no desire to travel abroad. I have found paradise in my own backyard. I find more to fascinate me, to learn and study in that area than the rest of the world. Having land under my feet gives me a great sense of contentment. In addition to providing for my physical needs (food, water, wood heat), the forest gives me liberty and security. My sanity. My grandfather once told me, "Come live on the farm with me for a year and I will teach you everything you need to know about life." People worry about many things that need not be the highest priority in life. One man told me that his \$work\$ is insignificant compared to his wife who is a stay-at-home mom and carries major responsibility for raising their children... the most important job in the whole world and the legacy that lasts beyond our lifetime.

Posted On 04/12/2024

Almond

I will not be selling carbon credits. I want no limitations or encumbrances on my land--esp. with strings tied to government.

Posted On 04/12/2024

I hope that you are right, Almond, that "Once people realize there are more of us than them, all hell could break lose." and "There may be some over optimism among the globalists as the world turns against them." This implies that we, the multitudes will win in the end. I still think it is worth admitting that even more nefarious schemes are under plan and progressing in development than just the "climate change" agenda which has such a "public" following already, not to mention most world governments, many state governments, and even many "Smart" city councils.

And one of these schemes that is pushed by the WEF is the one outlined by the last link I provided above. I'm talking about The Natural Asset Initiative, which will start regulating people with laws not just on carbon credits, but also with regard to regulating shared assets heretofore considered "free" such as pollenization, photosynthesis, water-filtration, and even just use of "open space" (read forest bathing).

We must be aware that there is this Initiative already started, to allow corporations to make money off of selling to us (or taxing us via our governments) for use of what we have freely used all our lives. The 30 by 30 Initiative was the beginning, and now it's being sold as a financial scheme. It may not take "Smart Cities" long at all to start gaining revenue, with the help of certain consulting companies, by charging citizens for the use of almost anything.

We may be inoculated with the idea that "nature" is a precious commodity that man has never appreciated and has abused, and thus man must be charged for the use of anything that might seem in short supply. Yes, it's all gas lighting, but it may persist. The good news is that for now, with the work of Margaret Byfield, talking to individual senators and representatives the government is turning against this scheme, and on Jan 17, the NYSE pulled the application that had been submitted to create this whole new "asset" class of corporation.

Posted On 04/12/2024

Almond

stoneharbour and all... The propaganda, brain-washing and mind control techniques have already been very effective among a large segment of the population. It is more difficult to reach those who do not rely on mainstream media and have not been influenced in classrooms. Fortunately, largely because of the economy and lost opportunities, more and more younger people are rejecting what they have been told. "As the wheel turns", it is once again time for the present generation to reject the liberalism of their parents. As we saw in the Revolutionary War, you only need a small percentage of patriots to turn the tide of history. We may yet see a rising wave of anger.

When anger is focused and goal-oriented, it can become a very powerful force. That is not to say there is not risk and reason for vigilance, but there is also reason for hope. It may be a uniquely American dream to own the land under your feet--that house with the white picket fence round it. Even many renters want to know that is still possible. Dreams do not die so easily. What we are already seeing is a triage system. Many people are expanding their preparedness readiness. Just this last week, I have become aware of many "fence-sitters" finally waking up. The remainder are beyond help because they will not help themselves.

Because of their strong denial and inaction, they may be less of a threat to anyone. Simply whining about entitlement is not as effective as taking action for one's own household. I still see the situation as very precarious. Sticking one's head in the sand and believing it will all turn out ok is not a good plan. The more people come together and prepare, the better our chance of a good outcome. We need to create alternative systems so evil forces can be sidelined, restricted and eliminated. When the airplane loses oxygen, put your own mask on first, so you will be better able to help others help themselves.

Posted On 04/12/2024

Almond

One of the first things people must do is to take responsibility for their food supply. Avoid dependency. Beyond that, realize that most supermarket food is unfit for human consumption. It will make you sick and stupid. Do what you can to avoid that dependency trap. Your options are to buy direct from a reputable farmer, garden, hunt, fish, forage, glean, barter. Watch craigslist free during harvest season. In rare cases, you might find organic U-pick. For people who are supermarket-dependent, this requires a different way of thinking and living. Making changes. It will require a major mental shift from dependency to self-reliance. It will require work and sacrifice, but there will also be rewards and gratification.

Posted On 04/12/2024

stoneharbor

Almond, thanks for your insight, foresight, and guidance in things you know already more about. We need more like you who are not afraid to lead.

Posted On 04/12/2024

Almond

Family farms and small landowners hold land as a sacred trust. They invest in their land in ways they know they would never be compensated for because of commitment to a way of life. Unlike govt lands, their land is not bandied about like a political football for the personal gain of an individual or special interest faction. One of the best ways to restore autonomy to American citizens would be to increase the number of family farms and woodlot owners. This is crucial to maintaining our liberty as more farmers age and retire.

People ("eaters") also need an alternative to mass-produced adulterated foods if they are to remain healthy and mentally alert and cognizant. Having land under your feet can feed you and provide a refuge. Better if the people control the resources. Enough land has already been set aside for parks and govt. At some point, you have to ask--whether land, taxes or loss of rights--"How much is enough?!" Let's put a number on it and devise some parameters and limits on the overreach of govt.

Posted On 04/12/2024

juststeve

For my money, big money interest buying up carbon credits - is having individuals forest tracks locked into the big money interests' contracts Not to be Used or very limited conditions is just Greenwashing, Big Money Tax Avoidance, locking out individual and general public use for necessities, much like Gates buying up Farmlands. Window dressing to claim they are carbon neutral and galivanting all over the world dumping mega tons of carbons more than whole towns in a year. They don't change a thing on their end, we are supposed to ignore the sickness, early deaths, sterility, what not, and most of all, learn to eat bug gruel.

Posted On 04/13/2024

juststeve

Walking. Just getting out in the fresh air, weather at a comfortable pace opens up so much of our being, just being. When poking around through the forest everything is engaged. Sight, sound, touch, smell, all the senses Plus working in concert as we are designed to be. Not locked in a tight box of limited motion. Fully engaged moving through space using all the muscles, especially the smaller stabilizer muscles. A full course meal of Health to strengthen the benefits of a good night's sleep, the best diet one can figure out for the Size that Fits Me, and with enhanced stabilizer muscles & balance to extend any standard strength resistance training used by protecting us from possible injury.

Posted On 04/12/2024

Guillermou

A gift to our senses. And also walk accompanied. This research shows that walking supports attachment to one's neighborhood, a sense of belonging, and the emergence of communities. These results are in line with the New Urbanism premise that walkable neighborhoods are also more sociable. Above all, it highlights the social benefit of walking, an asset until now little considered in the search for cities on a human scale. proceedings.science/wcqr-2024/papers/the-socialities-of-walking-a-post.. (2024).

Posted On 04/12/2024

juststeve

Great additions Gui. A walk through the community has the potential to build bridges and breakdown agenda driven toxic walls!

Posted On 04/12/2024

helpothers

I've been in love with the forest for a very long time - grew up in the country. I've lived in the city/desert for 30+ years but like to walk around our neighborhood as there is a man made lake nearby and I try to get out to the mountains yearly to get my forest fix. Just walking a little bit every day helps with stress and moving feels very good. I ended up growing ash trees and lots of plants in my backyard over the years. It has become my oasis/sanctuary most of the year when I can't get out of town. During covid I'd go outside and touch all my plants and hold the branches of the trees to comfort me. We bought property in '21 and start building this year.

We built a shed in '22 and have camped many times in our shed just to be up there. It's a meadow unfortunately but I've planted a few pine trees and will plant more once we have a permanent water supply - well is there but we have to go up and use a generator to fill water tanks for water. Still I enjoy going up to see what has grown since the last time and looking at the stars is fabulous. I can't wait to be there. The property is 2.5 acres and just walking around it gets in many steps and I feel so much better being out of the city. Looking forward to a big garden, and animals for food.

Posted On 04/12/2024

billstri

Problem I have with forest walking is the trails get more and more crowded every year. The government is not building any more trails and the population of my state and region of the US doubles every 20 years. The government is not adding any more parking spaces at most trailheads, so you got to arrive early in the morning to get a parking space. The number of mountain bikes seems to double every year, especially mountain E-bikes as every kid nowadays needs an E-bike as they do not have the strength or will to pedal a bike. So you are constantly getting out of the way so that the E-bikes can get around you.

Gone are the days where you can go on a quiet walk in the forest, unless you can walk at least 10 miles in a day to get far enough away from the crowded busy trailheads. Hiking in the rain or cold in the late spring or fall reduces crowds as does hiking when it is above 90 degrees outside. The younger generation is an E-bike generation. On the paved exercise trail, not just E-bikes, but all kinds of E-scooters. Most of the E-scooters are those under the age of 20 as that generation is loaded with money and is rich with buy now, pay later as you got your entire life to pay your debts, just like the government in Washington.

Perhaps it would be good to research which states have more miles of trails per population size and is actively making new trails. But more E-bikes seem to be the way of the future and preferred way of travel on forest trails. At least E-bikes don't travel well on sandy beaches. National Parks ban bikes on their trails, but again, National Parks are too crowded and they don't add more trails or parking spots to compensate for the rapidly growing population.

Posted On 04/12/2024

fvomasch

I get a little nervous walking in a forest. Why? Lions-Tigers-and Bears Oh! My! lol

Posted On 04/12/2024

billstri

Snakes, rocks, and mountain bikes, Oh! My!

Posted On 04/12/2024

LSquare

I took up Rucking after reading Dr. Mercola's article on it late last year. I settled on a 44lb weighted vest from Amazon. Since breaking a leg 3.5 years ago, walking has been one of my biggest and most regular exercises. However, even living in a hilly development, walking the same loop every day became very boring and needed a new challenge, which the weighted vest has provided. I'll wear it while mowing our hilly lawn this year. Leg is still broken, but I have an external fixator attached, so I can bear the extra weight. I'd still prefer riding a bike over walking, but like the article says, you can walk nearly anywhere, it costs nearly nothing (except for a good pair of shoes), and you can do it at any time for any duration with minimal planning and setup.

Posted On 04/12/2024

umfuli

Delightful, Forest Bathing while listening to nightingales, not mobile phones.

Posted On 04/12/2024
