

Healing Nature to Heal Ourselves



Monterey Bay, California, Credit: Tyler Schiffman/TNC Photo Contest 2019 Winner











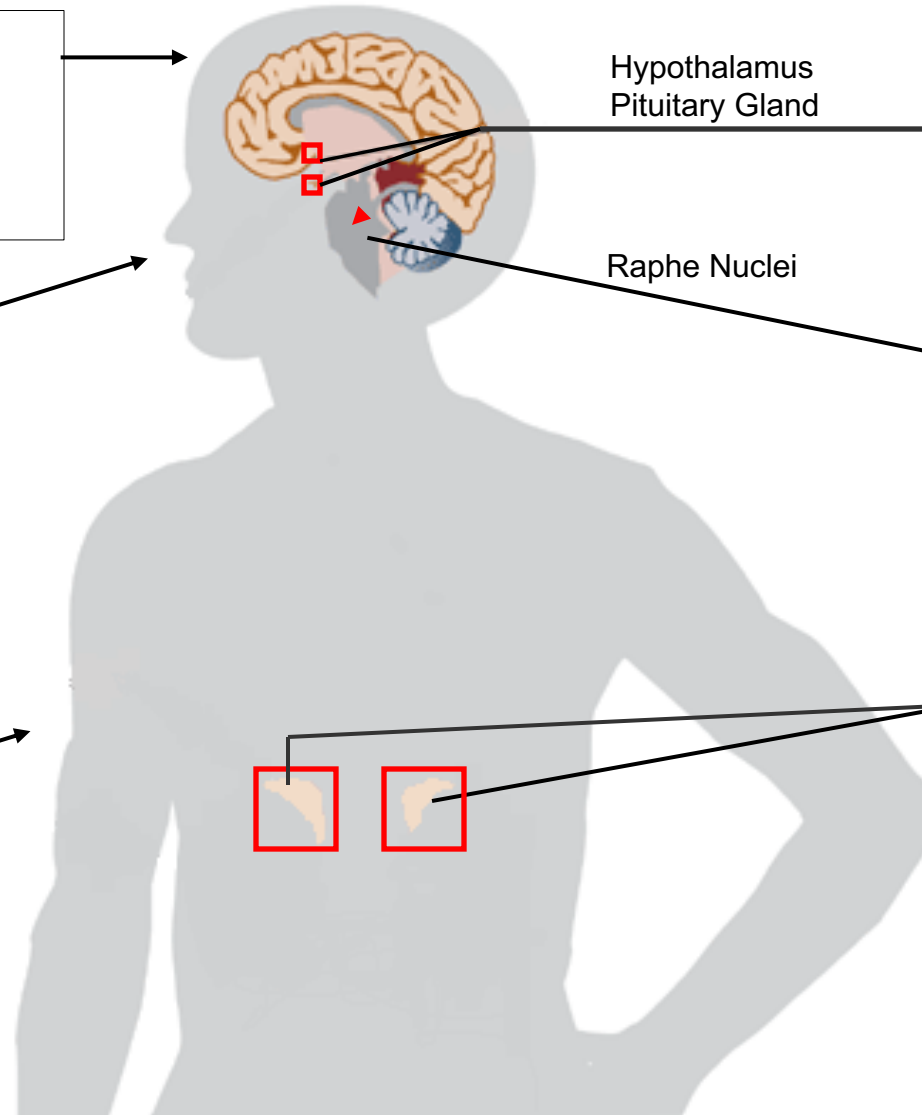
"Exposure to Nature" Pathway from Brain to Body



Exposure to natural light reduces **MELATONIN**, waking us up

In forests and greenspaces, we breathe in phytoncides – airborne chemicals plants give off that help our body's **IMMUNE** system by increasing white blood cell and natural killer cell activity

Spending time outdoors decreases levels of **CYTOKINES**, which reduces inflammation



Hypothalamus
Pituitary Gland

Raphe Nuclei

Exercising outdoors increases production of **ENDORPHINS** and neurotransmitters like **DOPAMINE** which promotes feelings of happiness and motivation.

Breathing fresh air raises levels of oxygen in our brain, which boosts levels of **SEROTONIN**

Adrenal Glands

CORTISOL

Spending time in nature reduces blood pressure as well as the stress-related hormones **CORTISOL** and **ADRENALINE**

**AFFECTS
MULTIPLE
ORGANS &
SYSTEMS**



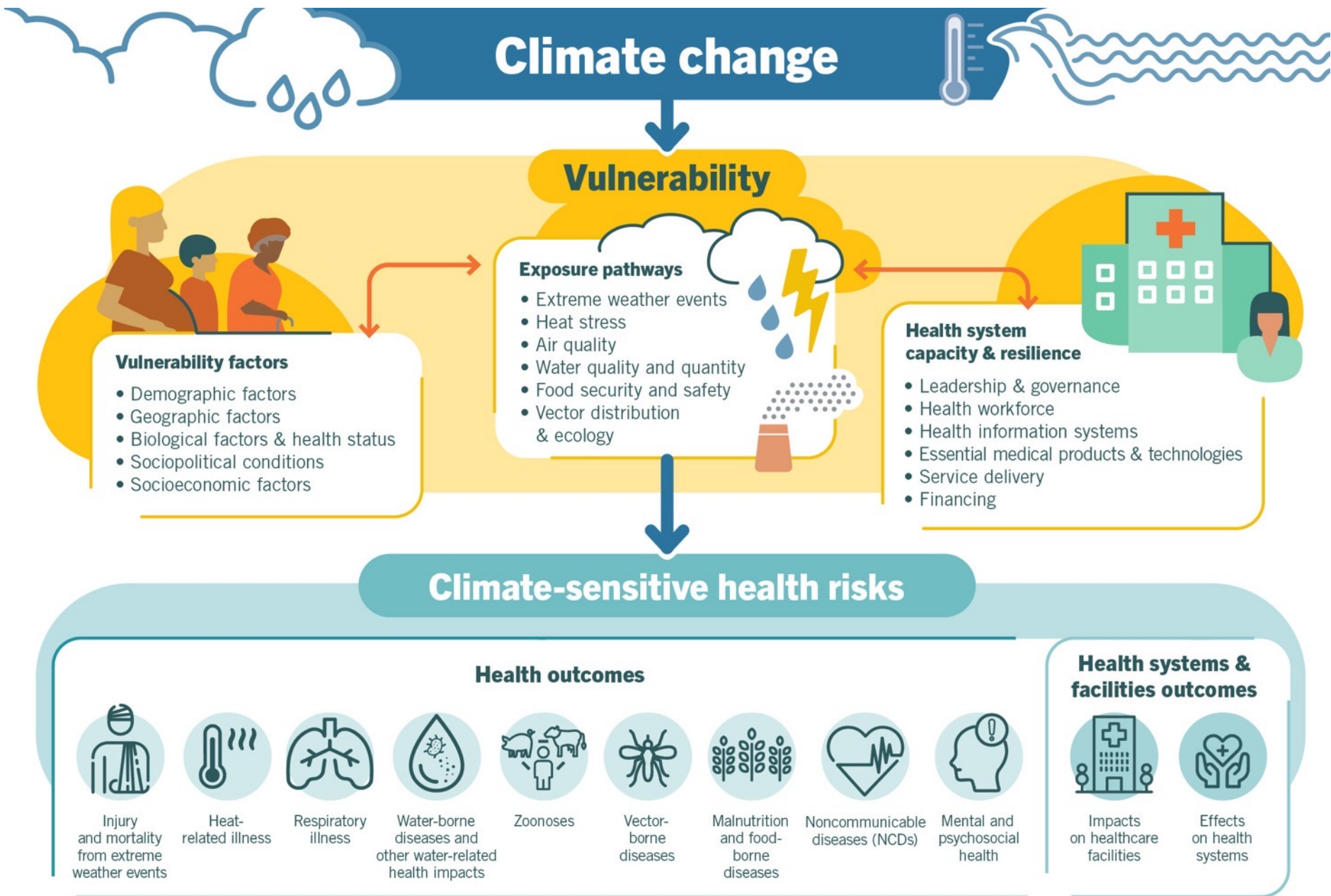
Owl Creek, Colorado, Credit: Robert Ross/TNC Photo Contest 2019




Jeff Chiu / AP



Flooding in Pakistan, 2023 © UNICEF/Saiyna Bashir





India leads the world with roughly 2.3 million premature deaths caused by air pollution every year, a whopping 40% of all pollution-related deaths.
(Global Alliance on Health and Pollution, 2019)





PRANA

Promoting Regenerative And No-Burn Agriculture
in Northwest India









Rice Ridge Fire, Montana













Arizona, Credit: Dave Koch /TNC Photo Contest 2019