

Healing Nature to Heal Ourselves



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











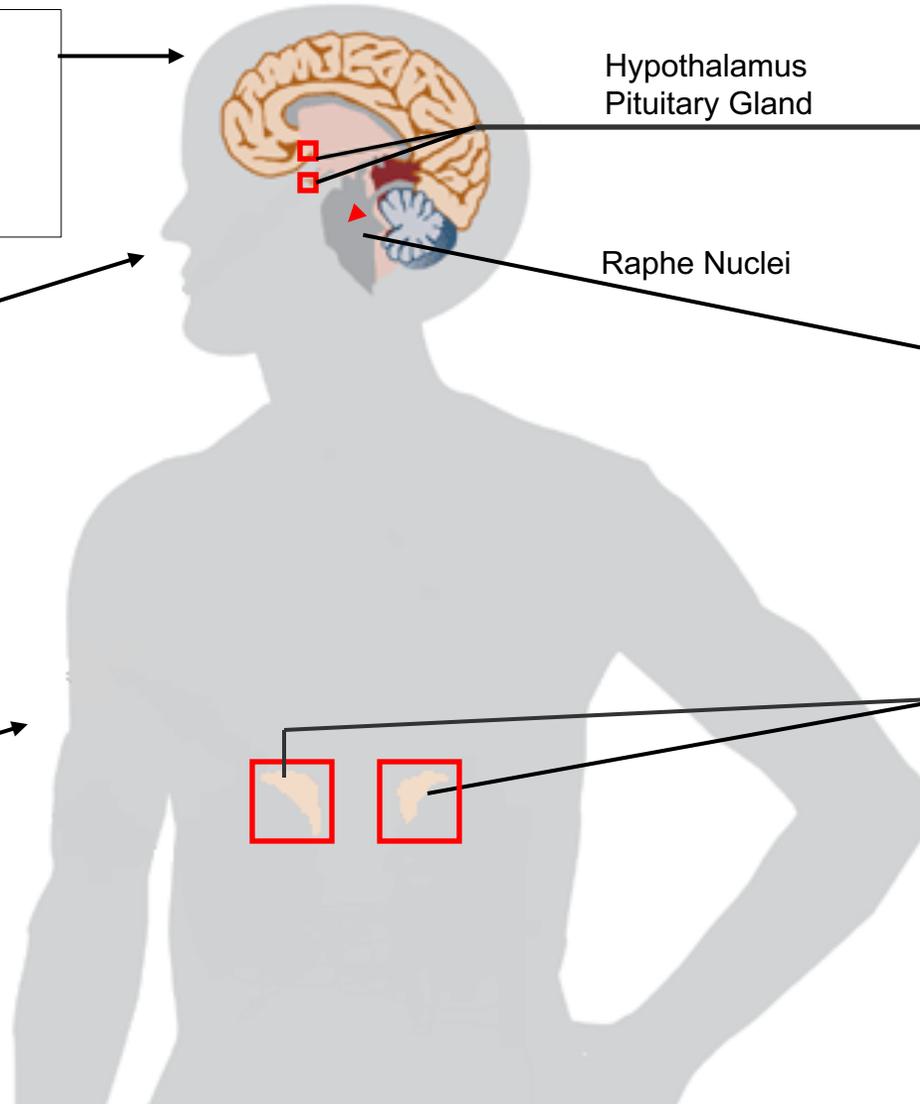
“Exposure to Nature” Pathway from Brain to Body



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

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

Raphe Nuclei

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

Adrenal Glands

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

CORTISOL

AFFECTS MULTIPLE ORGANS & SYSTEMS



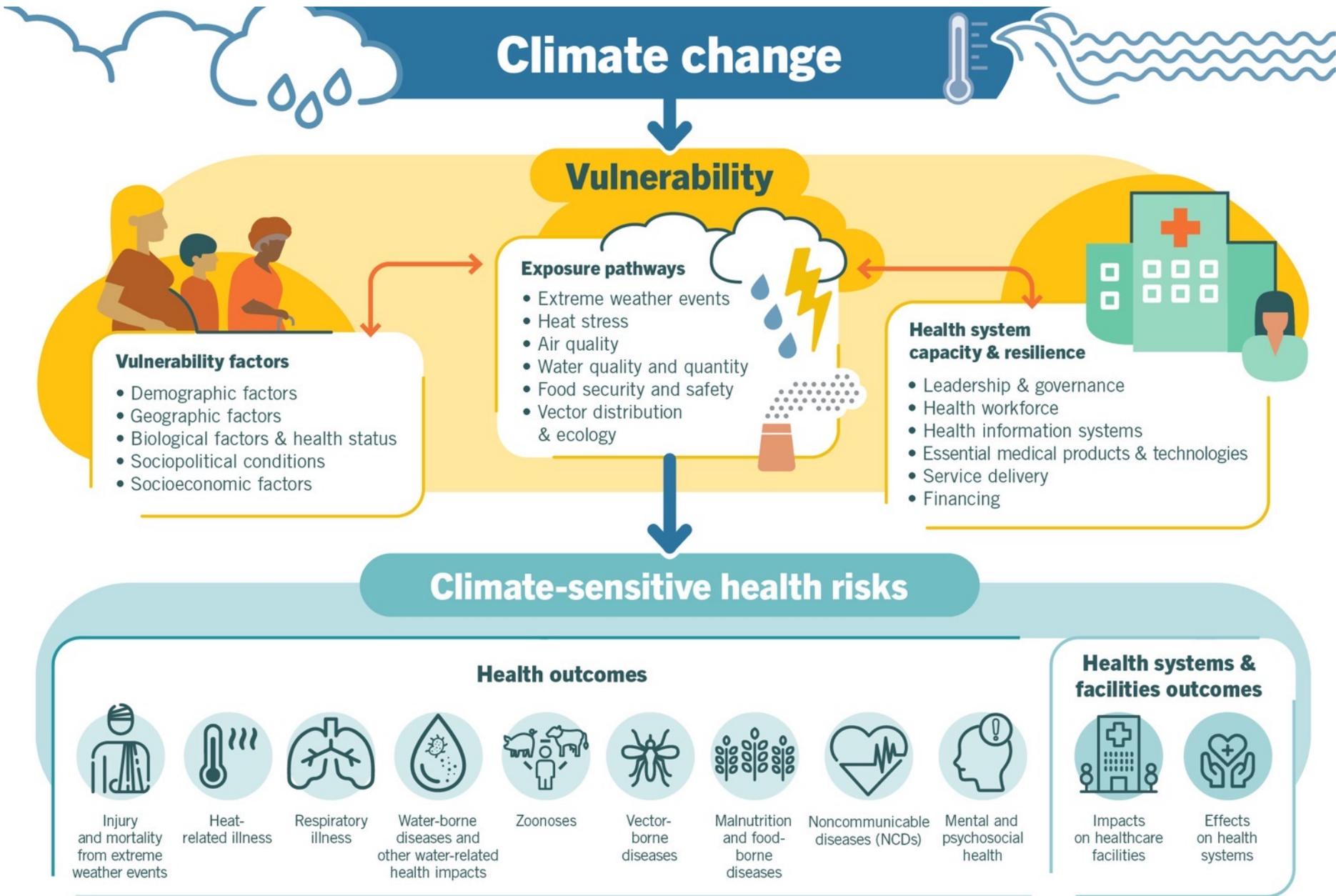
Owl Creek, Colorado, Credit: Robert Ross/TNC Photo Contest 2019



Jeff Chiu / AP



Flooding in Pakistan, 2023 © UNICEF/Saiyna Bashir



Source: WHO Climate change and health fact sheet,10/30/21, <https://www.who.int/news-room/fact-sheets/detail/climate-change-and-health>



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 **R**egenerative **A**nd **N**o-Burn **A**griculture
in Northwest India









Rice Ridge Fire, Montana













Arizona, Credit: Dave Koch /TNC Photo Contest 2019