



# Your Brain on Nature: The Science of Nature's Influence on Your Health, Happiness and Vitality

*Eva M. Selhub, Alan C. Logan*

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How to safely de-tox from IT overload--with the healing effects of nature.

Scientific studies have shown that natural environments can have remarkable benefits for human health. Natural environments are more likely to promote positive emotions; and viewing and walking in nature have been associated with heightened physical and mental energy. Nature has also been found to have a positive impact on children who have been diagnosed with impulsivity, hyperactivity, and attention deficit disorder. A powerful wake-up call for our tech-immersed society, *Your Brain on Nature* examines the fascinating effects that exposure to nature can have on the brain.

In *Your Brain on Nature*, physician Eva Selhub and naturopath Alan Logan examine not only the effects of nature on the brain--but the ubiquitous influence of everyday technology on the brain, and how IT overload and its many distractions may even be changing it. Offering an antidote for the technology-addicted, the book outlines emerging nature-based therapies including ecotherapy, as well as practical strategies for improving your (and your children's) cognitive functioning, mental health, and physical well-being through ecotherapeutic, nutritional, and behavioural means.

- Details the back to nature movement and the benefits of nature on the brain and body, from reducing the symptoms of ADHD to improving mood and physical energy
- Explains the effects of air quality, aromas, light and sound on the brain, including SAD and sleep loss

A fascinating look at the effects that both nature and technology have on the brain's functioning and one's overall well-being, *Your Brain on Nature* is every tech-addict's guide to restoring health and balance in an increasingly IT-dependent world.



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