

ChefMD's Green Cure: How Gardening and Nature Can Heal What Ails You

By Dr. John La Puma

Additional Resources

What is Nature Therapy? Videos, Books, Groups, More
<https://www.drjohnlapuma.com/nature-therapy/>

Just Released: Planetary Health
<https://amzn.to/30JBoB0>

How to Start Forest Bathing and Feel Fantastic
<https://www.forestryengland.uk/blog/forest-bathing>

YouTube: Nature Therapy Playlist in Santa Barbara
<https://www.youtube.com/playlist?list=PLdCbY4bgZeZoXibx1KmGM31C4FnQUIKSS>

Nature Based Therapeutics Courses: University of Minnesota
<https://www.csh.umn.edu/education/focus-areas/nature-based-therapeutics>