



Nature Prescription Program

Sue Stranger | Certified Coach in Health, Nutrition, Wellbeing, Ikigai & Forest Therapy

Nature prescribing is a non-pharmacological intervention where healthcare professionals recommend spending time with nature as a way to improve and enhance health & wellbeing outcomes.

→ What is Nature Prescribing?

Natural environments provide powerful healing benefits in all areas of our health and wellbeing; physiological, psychological, social and spiritual. Nature Therapy practices enhance these innate health & wellbeing benefits through a wide variety of evidence based practices and mindful engagement with the natural world.

Nature prescribing builds on humans' biophilia (love of natural environments) and a well developed general framework for restorative environments. It may be useful for the prevention of and therapy for chronic physical and mental health conditions.

Nature Therapy programs can be facilitated in a wide variety of natural environments from local parks and community or care gardens, wetlands and beaches, and can be effectively adapted to indoor spaces as needed. Forest Therapy specifically harnesses the healing power of phytoncides within forest environments.

→ What is involved in setting up Nature Prescribing?

There are no costs involved for the practitioner in this Nature Prescription Program and it's a very simple process to implement. In line with the Australian Journal of General Practitioners (AJGP) recommendations, we can establish either verbal advice or written referrals to access this service. Referrals could include the type of activity, frequency and duration depending on the client's individual needs.

Nature Therapy programs can be integrated into chronic disease care plans and team care arrangements to support and enhance client's recovery, health & wellbeing such as part of diabetes management or physical rehabilitation programs. It can also be effectively incorporated into mental healthcare plans for those experiencing mental health conditions such as depression, anxiety & chronic stress.



Are you ready to incorporate Nature Prescriptions into your General Practice? Contact me and let's share a conversation.



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key health benefits of forest therapy

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Forest therapy bridges the gap between us and the natural world by opening our senses and restoring our rhythms with the rhythms of nature.



Supports & enhances neurobiological functions

- reduces cortisol levels - reducing stress, anxiety & depressive symptoms
- enhances cognitive function & creativity
- improves mood, focus & overall wellbeing through sensory experiences which stimulate neural pathways, promote relaxation, mindfulness & sense of peace
- compliments traditional mental health treatments to promote holistic wellbeing



Enhances critical immune system functions

- phytoncides enhance body's Natural Killer Cell activity, enhancing body's ability to fight off infections & kill cancerous cells
- stimulates T-Cell & B-Cell responses, improving adaptive immunity
- supports Cytokine production & regulation, essential for coordinating immune system responses
- promotes healthy balance of beneficial bacteria for diverse gut microbiome, better immune function & overall health & longevity



Supports & enhances physiological functions

- reduced heart rate & blood pressure
- activates parasympathetic nervous system, counteracts effects of stress, promoting sense of peace & calm
- regulates cortisol production, contributing to stress reduction and lower levels of anxiety & depression symptoms



Supports & enhances cardiovascular health

- supports regulation of blood pressure levels
- improves heart rate variability
- improves endothelial function which is crucial to overall vascular health
- supports hypertension management



Enhances sleep quality

- recalibrates and synchronises your circadian rhythm
- daily natural light exposure prepares the body for sleep and supports melatonin production for better sleep
- calming & restorative effects of health promoting phytoncides can support soothing sleep, improve immune system, reduce stress, anxiety & depression symptoms, improve mood & enhance overall wellbeing.



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