

意大利森林生态专家助力重庆森林康养打造

Italian Expert Of Forest Environment To Assist Chongqing

2023年1月6日第五届中国温泉与气候养生旅游国际研讨会在重庆海宇温泉酒店会议中心圆满落幕。世温联代表处邀请了意大利生物和栖息地健康专家马科·尼里先生作了关于“自然的疗愈力量：森林浴和生物能景观”专题视频演讲，马科的演讲受到与会嘉宾的高度赞扬，已有嘉宾对其表达了合作兴趣。现特对马科·尼里先生及其主要学术成果进行专刊报道。

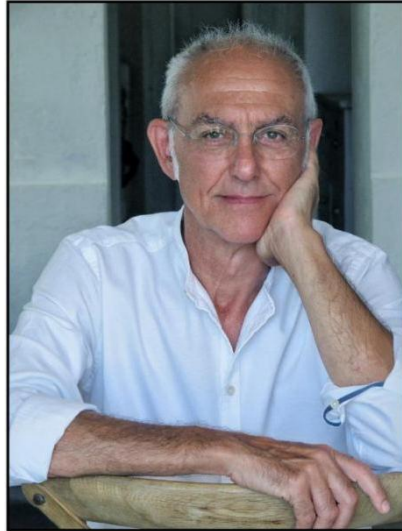
The 5th International Symposium on China Hot Springs and Climate Wellness Tourism was successfully held on January 6, 2023 at Haiyu Hot Springs Hotel in Chongqing. Femtec Representative Office invited Mr. Marco Nieri, the Italian biological and habitat health expert, to give the special online academic speeches on "The Therapeutic Power of Nature: Forest Bathing and Bioenergetic Landscape", which was highly appreciated by the participants and some of them expressed their interest in collaborating with him. We have this special report on Mr. Marko Nieri and his main academic achievements.



马科·尼里（1957），意大利生物和栖息地健康专家，欧洲森林沐浴和森林治疗导师及培训师，国际组织森林管理委员会（FSC）的顾问，“生物能景观”技术开发者，主要从事人类生活和工作空间的生物生态设计，运用东西方科学展示人类与环境之间的循环关系。“生物能景观”，即通过研究植物的生物电磁学对人类有机体的影响，利用树木发出的生物电磁场创建生物能公园和花园，在私人和公共环境中为人类造福。

Marco Nieri (1957) is an Italian expert in biological and habitat health, an European instructor and trainer in Forest Bathing and Forest Therapy, a consultant for the International Forest Stewardship Council (FSC), and a developer of the “Bioenergetic Landscape” technology, focusing on the bioecological design of human living and working spaces, demonstrating the cyclical relationship between humans and the environment by using Eastern and Western science. “Bioenergetic Landscapes” is to use the bioelectromagnetic fields emitted by trees to create bioenergetic parks and gardens for the benefit of humans in both private and public environments, through the study of the bioelectromagnetics of plants on

human organisms.



马科强调：通过亲近自然，如森林及树木，可克服高压的城市生活方式造成的身心、情绪和社会影响的亚健康状态，并分享了他多年在森林浴、生物能景观及生物电磁学等研究及实践成果，国际成功案例，同时就如何重建人类与自然的关系给出了具有指导意义的建议。森林浴正是该领域最著名的健康实践之一。意大利北部最知名的保护区之一奥西·杰尼亚的森林浴步道，意大利北部特伦蒂诺的呼吸公园均为国际森林浴成功案例。很多国家政府注重生物能景观打造，倡导民众走入大自然的健康活动，如美国纽约公园邀请人们拥抱树木，冰岛林业局鼓励人们每天至少拥抱树木 5 分钟，以抵消因新冠肺炎而产生的社会疏远的负面影响。

Marco stressed that people can overcome the sub-health state caused by the physical, emotional and social impact of high-pressure urban lifestyle by being close to nature, such as forests and trees. He shared his research and practical results in Forest Bathing, Bioenergetic Landscapes and Bioelectromagnetism for many years at the seminar, international

successful cases, as well as advising instructive advice on how to rebuild the relationship between humans and nature. Forest Bathing is one of the most famous health practices in this field. The Forest Bathing trails at Oasi Zegna, one of the best-known protected mountain areas in Northern Italy, and the Parco del Respiro, Park of Breath, in Trentino, are among the international Forest Bathing success stories. Many governments from the different countries have been focusing on Bioenergetic Landscape and promoting healthy activities for people to get out into nature, such as Hugging Trees Program in New York park of the USA and the Icelandic Forestry Service encouraging people to hug trees for at least five minutes a day to counteract the negative effects of social alienation due to Covid 19.



重庆，作为著名的“山水之城、美丽之地”，特别是在后疫情时代，利用好其优秀的森林自然资源造福人类健康具有重大的意义。在新时代、新征程、新重庆宏伟蓝图下，世温联代表处将积极推进引入马科·尼里在森林浴和生物能景观方面的优势助力北碚区缙云山、武

陵山区等森林康养项目打造。

It is important for Chongqing, known as the "City of Mountains and Water, Land of Beauty" to use its excellent forest natural resources for the benefit of human health, especially in the post-epidemic era. Under the master plan of New Era, New Journey and New Chongqing, Femtec Representative Office will try its best to bring Marco Nieri's knowledge and experience in Forest Bathing and Bioenergetic Landscape to Chongqing for the forest recreation development at Mount Jinyun of Beibei District and Wuling Mountains Region.