

A landscape photograph showing a vibrant green field in the foreground. In the middle ground, a large, full-canopied green tree stands prominently. To its right, a line of trees with some autumn-colored foliage is visible. In the background, a bright blue sky with scattered white clouds features a faint, multi-colored rainbow arching over the horizon. The text is overlaid on a semi-transparent blue rectangle in the upper left portion of the image.

THE THERAPEUTIC POWER OF NATURE:

Forest Bathing and Bioenergetic Landscape

Marco Nieri

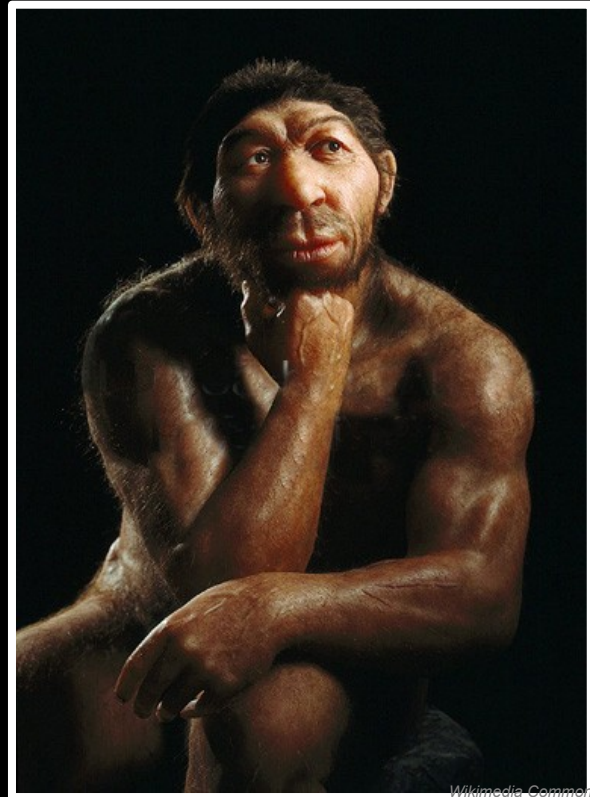
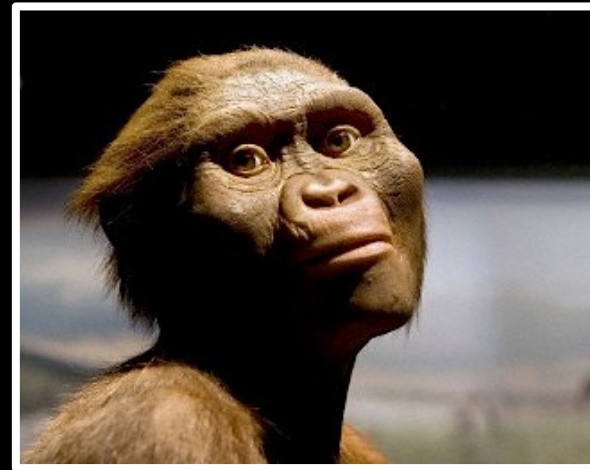
Castel San Pietro Terme, November 5, 2022

THE 73° GENERAL ASSEMBLY AND INTERNATIONAL SCIENTIFIC CONGRESS OF THE WORLD FEDERATION OF HYDROTHERAPY AND CLIMATOTHERAPY (FEMTEC)
"THERMALISM IN CHANGING SOCIETIES" - Multilateral approach to health care and well-being

MARCO NIERI - www.archibio.it www.marconieri.com - info@archibio.it

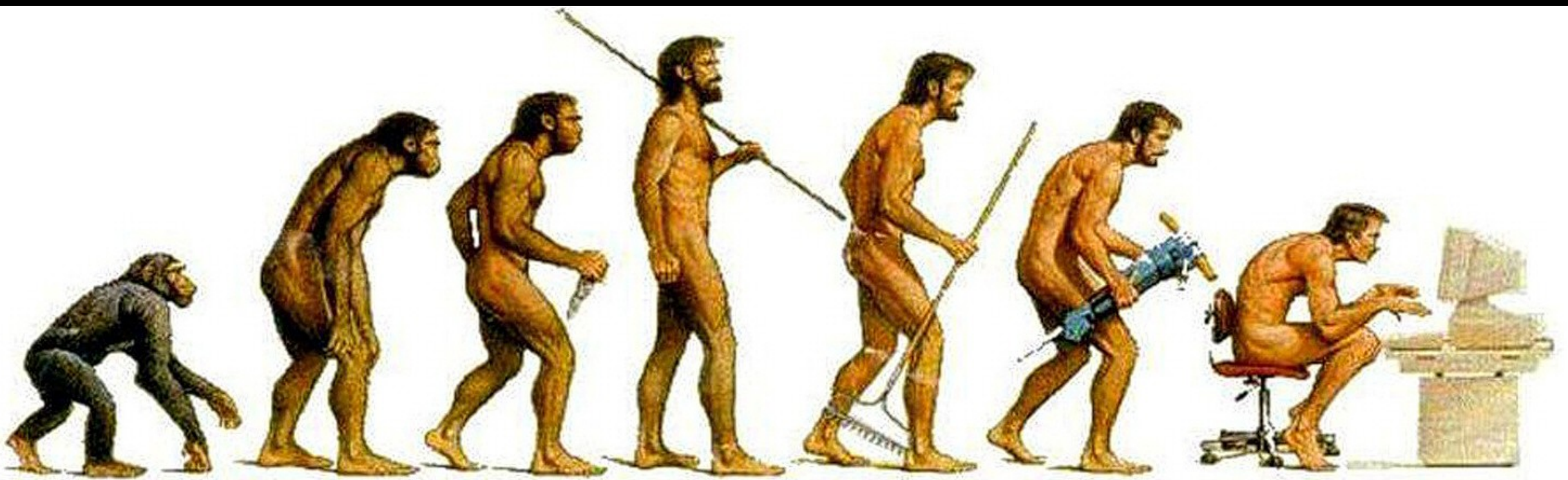


Can Stock Photo / EcoPicture



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The genus Homo coexisted and possibly interbred with Australopithecus LUCY, a hominid present on Earth over 3 million years or more than 100,000 generations ago



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STRESS

**STRESSORS OF WHICH WE ARE
UNAWARE
ARE LARGELY ATTRIBUTABLE TO
TYPICAL URBAN LIFESTYLE**

Anxiety

Depression

Aggressiveness

Fatigue

Confusion

Isolation

Immune deficiency

Inflammation





Nature Deficit Disorder (*Richard Louv, 2005*)

Adults and especially children spend less and less time outdoors. In our society, this leads to a deficit in nature, where we have our roots, mainly attributable to too much time spent using technological devices.

A low-angle photograph of a person with red hair, wearing a green shirt, brown pants, and brown boots, lying on a thick tree branch. The person is looking up at the sky. The tree has many green leaves, and the background shows a hazy landscape with hills and a body of water. The text "WE NEED NATURE" is overlaid in white, bold, sans-serif font.

WE NEED NATURE

rob-mulally-unsplash

More than 40 years of studies show that exposure to nature heals, bringing substantial psycho-physical and emotional benefits: physical - mental - social - spiritual - planetary health

Why green spaces are good for your kid's

Experiencing a Garden: A Healing Garden for People Suffering from Burnout Diseases

Ulrika A. Stigsdotter and Patrik Grahn

Health effects of viewing landscapes – Landscape types in environmental psychology

M^a.D. Velarde^{a,*}, G. Fry^b, M. Tveit^b

^a*School of Experimental Sciences and Technology, Rey Juan Carlos University of Madrid, C/Tulipan s/n, 28933 Móstoles, Madrid, Spain*

Why green is good for you

Being close to green space helps combat depression, a new study has found. No wonder – it's where life happens

Volume 25, Issue 3, September 2005, Pages 249–259



[Home](#) > [News and events](#) > [News](#) > [Featured news](#) > Green spaces deliver lasting mental health benefits

Green spaces deliver lasting mental health benefits

International Journal of
**Environmental Research and
Public Health**
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Article

Green Perspectives for Public Health: A Narrative Review on the Physiological Effects of Experiencing Outdoor Nature

Daniela Haluza *, Regina Schönbauer and Renate Cervinka

Institute of Environmental Health, Center for Public Health, Medical University of Vienna, Kinderspitalgasse 15, A-1090 Vienna, Austria; E-Mails: regina_schoenbauer@gmx.at (R.S.); renate.cervinka@meduniwien.ac.at (R.C.)

Exposure to restorative environments helps restore attentional capacity

Rita Berto

Dipartimento di Psicologia Generale, Università degli Studi di Padova, Via Venezia 8, 35131 Padova, Italy

Winner of Two Pulitzer Prizes

Biophilia

EDWARD O. WILSON



The human bond with other species



Peter Wenzel - Adam and Eve in the Garden of Eden, 1791

BIOPHILIA, THE EVOLUTIONARY THEORY

Human beings have evolved in places on the planet rich in plants and animal species. This explains our innate biological and neurological attraction to nature and other life forms, called

BIOPHILIA

(E. O. Wilson, entomologist biologist, Harvard University, the father of Sociobiology, 1984)



Green spaces and natural settings have always had a therapeutic or **restorative** function accessible to everyone, with a proven psycho-emotional, cognitive and physiological action, including recovery from stress.

- type and characteristics of natural environments
- ways in which nature is experienced

THE «THERAPEUTIC» POWER OF NATURE





FOREST BATHING

In 1982 in Japan, the Government Forestry Agency promoted 'Shinrin-Yoku', a kind of journey of immersion in the atmosphere and healthy air of the forest, as a practice already rooted in religious and popular culture.

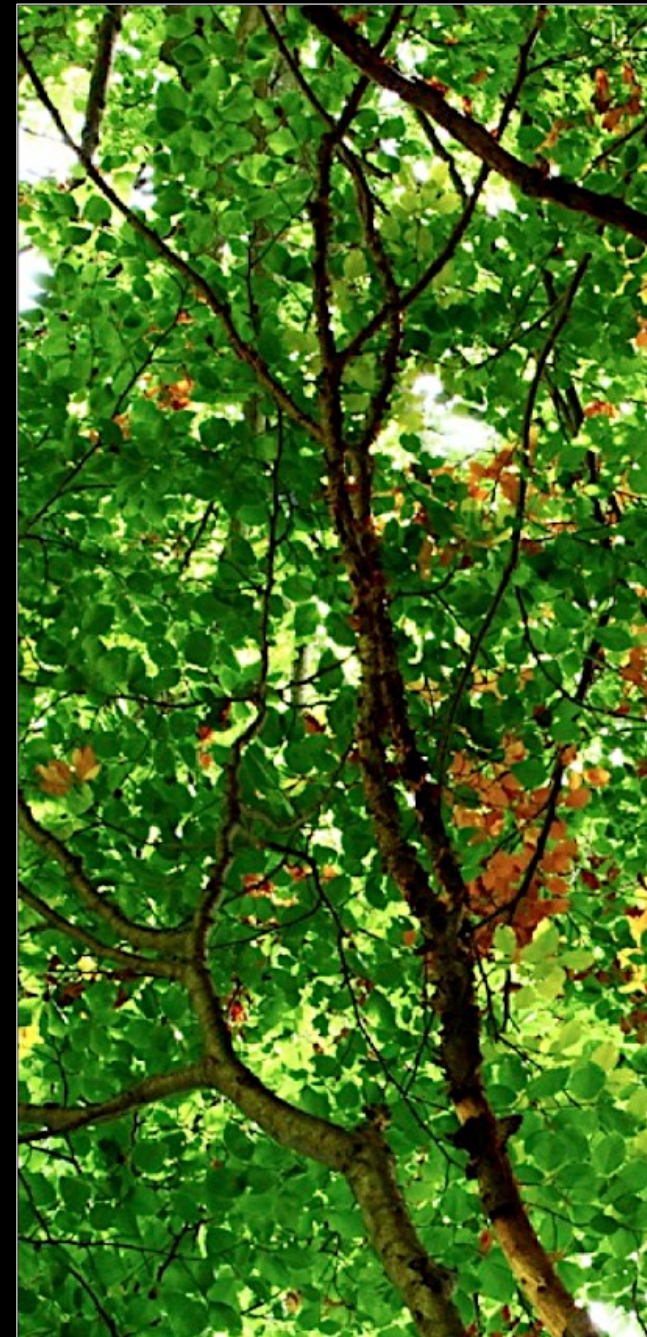
Today it has become a widespread activity in many Countries around the world, useful in supporting the treatment and prevention of stress and for many health problems.

FOREST BATHING

In 2004, Japanese researchers began to better study the effects of 'forest bathing' on human health, comparing it with those of a walk in the city (Dr. Miyazaki, Qing Li et al.).

MAIN PSYCHOLOGICAL AND PHYSIOLOGICAL BENEFIT

cardiovascular and nervous regularisation, stress reduction, improved mood, increased anticancer and immune activity, *the latter in particular due to the action on NK lymphocytes by monoterpenes, volatile substances emitted by the leaves of certain tree species*



FOREST BATHING

A SENSORY AND EMOTIONAL CONSCIOUS CONNECTION WITH NATURE





Forest Bathing

IMMERGITI. RESPIRA. RIGENERATI.
BATHE. BREATHE. REGENERATE.

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PATROCINIO



THE FOREST BATHING TRAILS

OASI ZEGNA – BIELLA (ITALY)
(Project: Marco Nieri – Marco Mencagli)



1 STRADA DELLA MONTUCCIA

TEMPO / TIME 1.15 h
DISLIVELLO / ALTITUDE +80 m
DIFFICOLTÀ / DIFFICULTY FACILE / EASY

Al Bocchetto Sessera, dall'accesso ai sentieri dietro la locanda, prendere il sentiero dagli scalini sulla sinistra, prima del piazzale panoramico sull'Alta Valsessera (1382 m). Il sentiero porta all'Alpe Montuccia e poi rientra da una facile carrabile sterrata.

At Bocchetto Sessera, at the trailhead behind the Locanda, take the path by the steps on the left, before the Alta Valsessera panoramic plaza (1382 m). The trail takes you to Alpe Montuccia and returns by way of an easy unsurfaced track.

2 SENTIERO DELLA VALSESSERA

TEMPO / TIME 2.30 h
DISLIVELLO / ALTITUDE +380 m
DIFFICOLTÀ / DIFFICULTY MEDIA / MEDIUM

Al Bocchetto Sessera, dal punto panoramico sull'Alta Valsessera (1382 m) si va a destra sulla pista sterrata in discesa per 50 metri e poi a sinistra prendere il sentiero che raggiunge l'Alpe Piana del Ponte (1061 m). A sinistra fino al tornante per imboccare il sentiero raggiunge il sito dell'Alpe Rondolere; proseguire fino alla Casa del Pescatore (1200 m) e, a sinistra, per le Teppe le Piane (1142 m) e quindi all'area picnic del Druetto. Da qui sulla pista sterrata si ritorna al Bocchetto Sessera.

From the panoramic Bocchetto Sessera (1382 m) the path goes down 50 m to the right on a dirt track and then left along the path to Alpe Piana del Ponte (1061 m). From here, go left to pick up the path to the site at Alpe Rondolere. Keep on as far as Casa del Pescatore (1200 m) and then left for Teppe le Piane (1142 m) and the Druetto picnic area. Thence back to Bocchetto Sessera on a dirt track.

3 SENTIERO DEL CARABO

TEMPO / TIME 3.15 h
DISLIVELLO / ALTITUDE +400 m
DIFFICOLTÀ / DIFFICULTY MEDIA / MEDIUM

Al Bocchetto Sessera, dal punto panoramico sull'Alta Valsessera (1382 m) si va a destra sulla pista sterrata in discesa. Al primo e al secondo bivio tenere la destra attraversando la pista da sci (Dosso Grande) per proseguire su sentiero in leggera discesa e raggiungere l'Alpe Scheggola (1097 m). Scendere verso il fondovalle e attraversare il Torrente Sessera sul Ponte tibetano. Risalire sul lato opposto fino allo sterrato che a sinistra porta alle baite dell'Alpe Piana del Ponte (1061 m). Da qui a sinistra passare il ponte ad arco e risalire con il sentiero fino a Bocchetto Sessera.

From the panoramic Bocchetto Sessera (1382 m) go down to the right on the dirt track. Go right at the first and second forks, crossing the ski slopes (Dosso Grande) gently down to Alpe Scheggola (1097 m). The path now leads down to the valley bottom, across the Tibetan bridge over the stream Sessera and up a dirt track on the other side to the baits at Alpe Piana del Ponte (1061 m). From here, go left, past the bridge and up the path to Bocchetto Sessera.

OUR TEAM IS AT THE FOREFRONT OF THE WORLD IN THE REALISATION OF THERAPEUTIC PATHS IN NATURE WITH SCIENTIFIC CRITERIA

IL "PARCO DEL RESPIRO" *THE PARK OF BREATH*

FAI DELLA PAGANELLA - TRENTO (ITALY)
(Project: Marco Nieri – Marco Mencagli)



OUR TEAM IS AT THE FOREFRONT OF THE WORLD IN THE REALISATION OF THERAPEUTIC PATHS IN NATURE WITH SCIENTIFIC CRITERIA

IL "PARCO DEL RESPIRO"

THE PARK OF BREATH

FAI DELLA PAGANELLA - TRENTO (ITALY)

(Project: Marco Nieri - Marco Mencagli)





Photo by veeterzy - Unsplash

THE ARCHETYPE OF THE HEALING TREE

Trees and plants have always played a central role in archaic cultures. The myth of the 'healing tree' is widespread throughout the world, symbolising the therapeutic power of nature.

CONTACT WITH TREES



NEW YORK CITY - Usa

ICELAND

"If you're tired of quarantine, hug a tree"

The **IFS - Icelandic Forest Service** encourages the practice of hugging trees for at least 5 minutes a day to counteract the negative effects of social distancing due to Covid 19

Vinnulag vegna COVID-19



BIOENERGETIC LANDSCAPES: the beneficial energy of trees

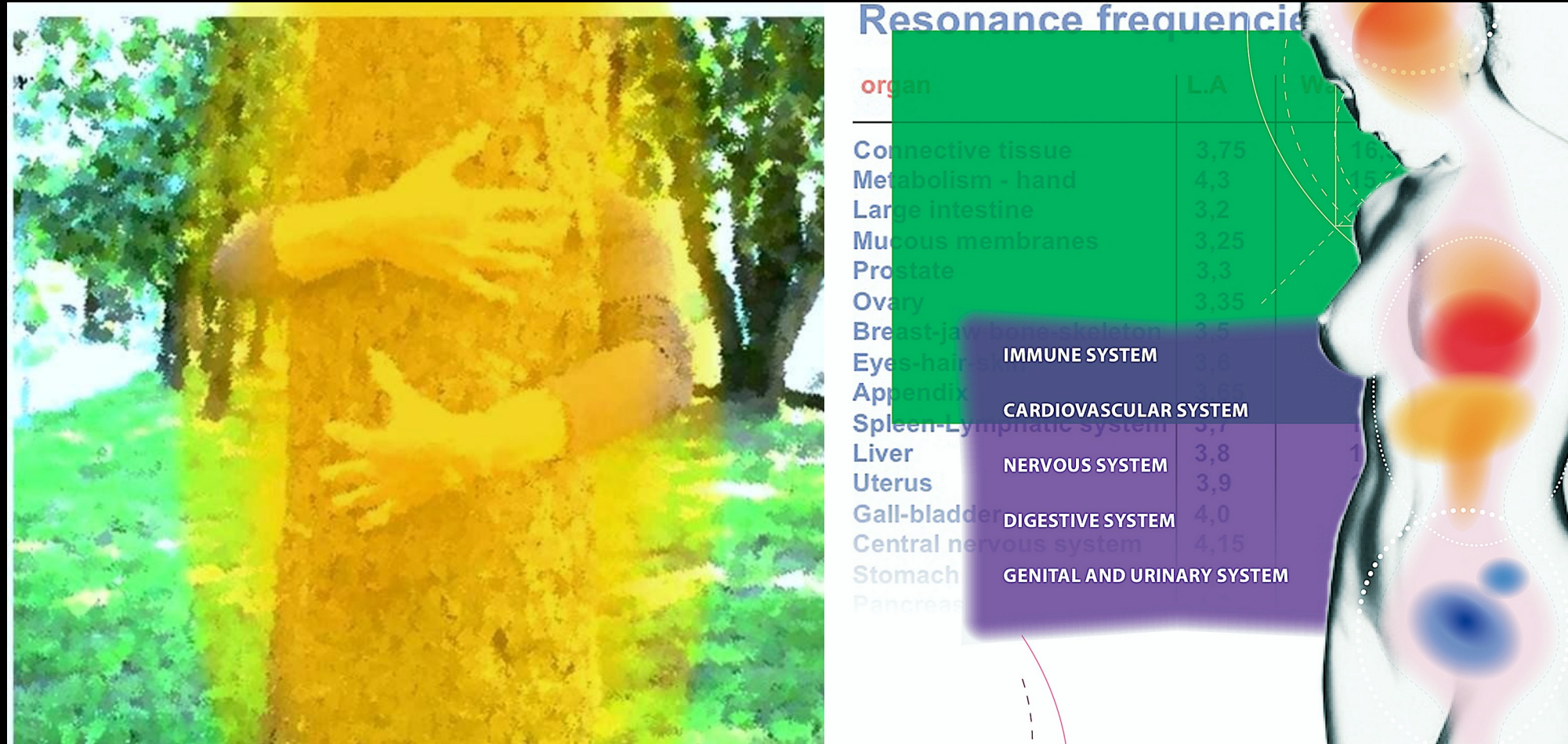
Innovative studies on **bio-electromagnetism** have revealed that:

- ✿ any living being emits electromagnetic fields
- ✿ any tree has its own *characteristic* bio-energetic emission



BIOENERGETIC LANDSCAPES: the beneficial energy of trees

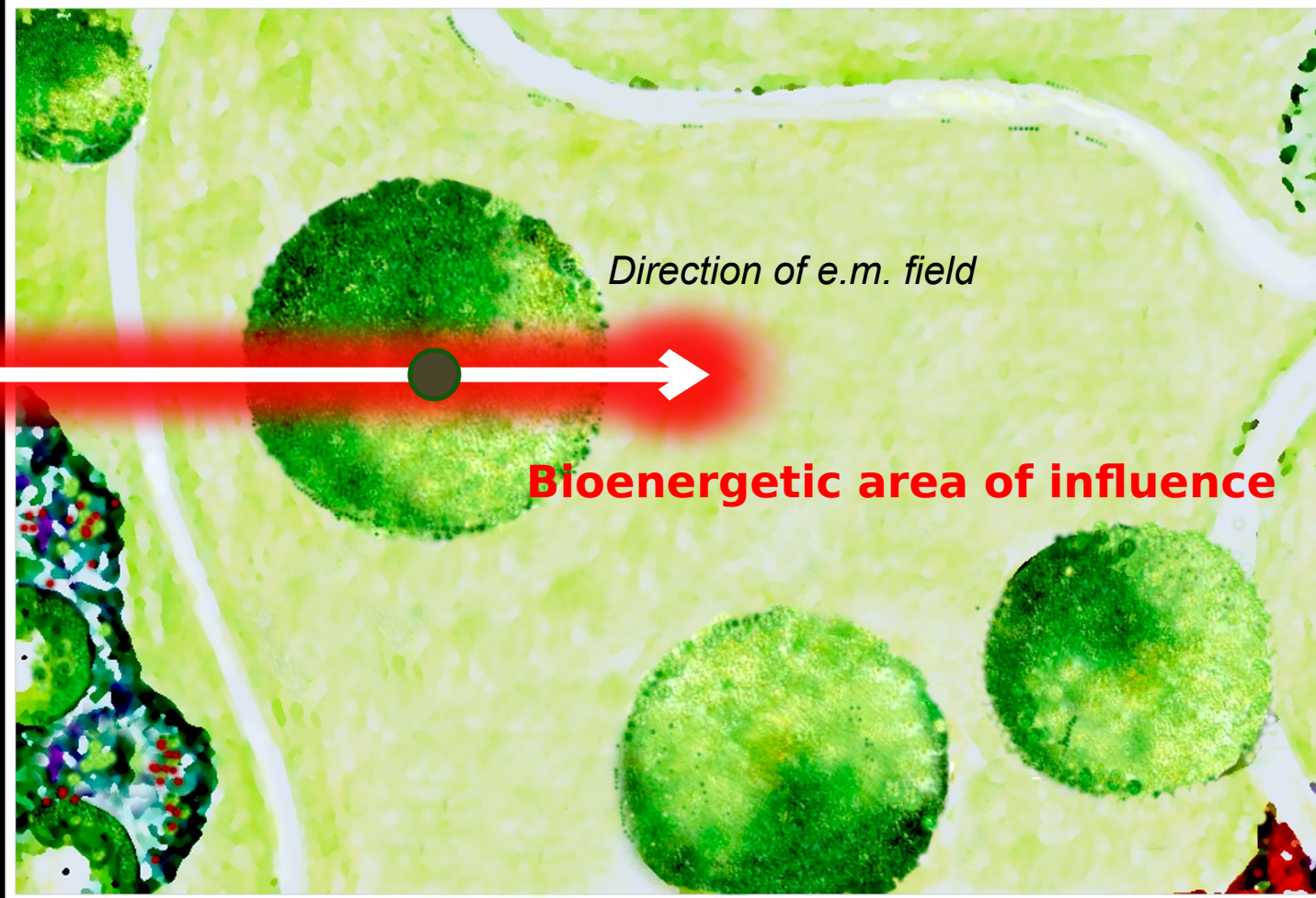
Although weak, this electromagnetic field is capable of influence the energetic state of our various organs (*e.g. hugging a tree*), usually in a very favourable way



BIOENERGETIC LANDSCAPES: the beneficial energy of trees

When trees are traversed by certain types of natural electromagnetic fields, they locally modify the biological quality of the surrounding area with their specific properties.

The technique to create these spaces is called **Bioenergetic Landscapes**



5-6

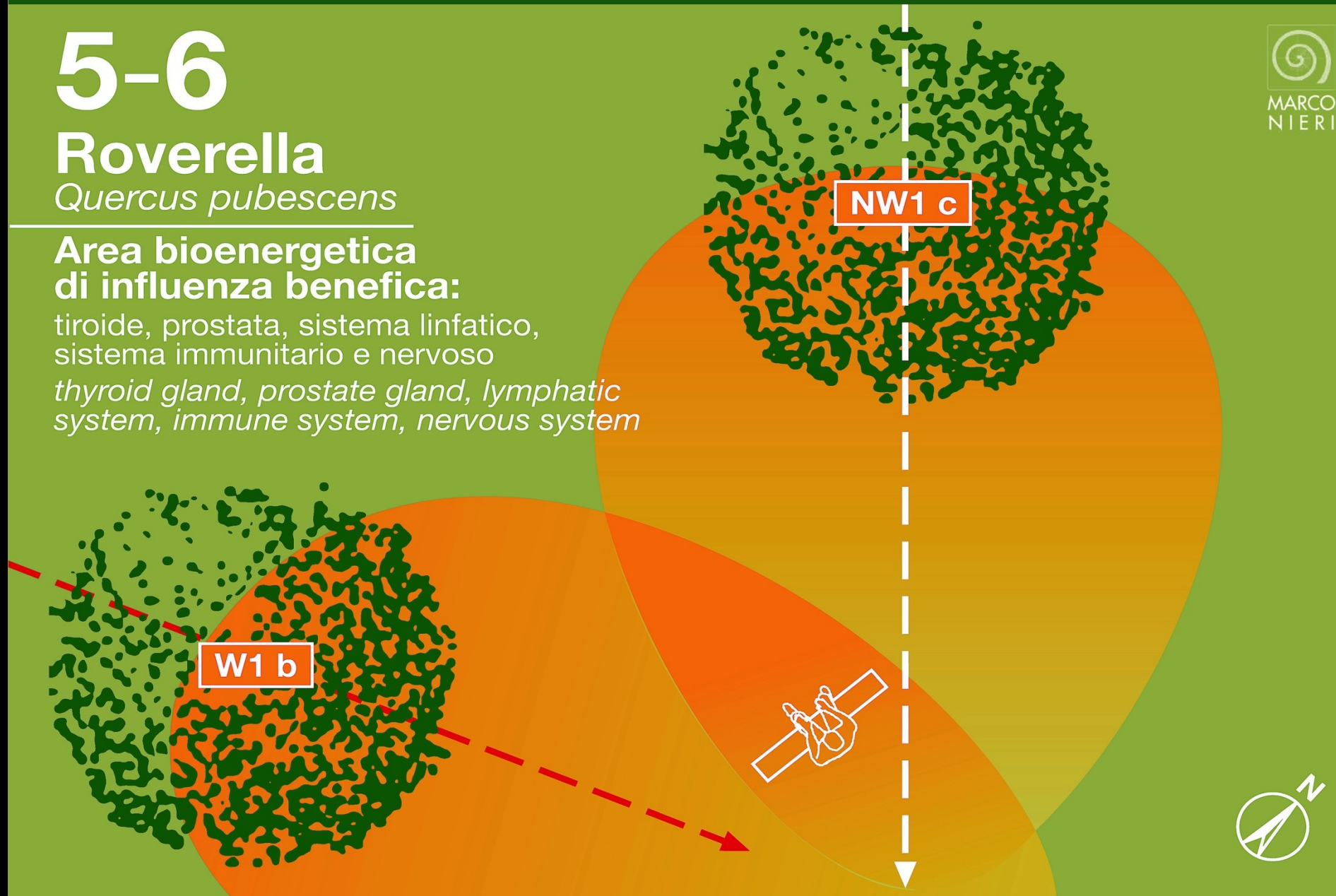
Roverella

Quercus pubescens

Area bioenergetica di influenza benefica:

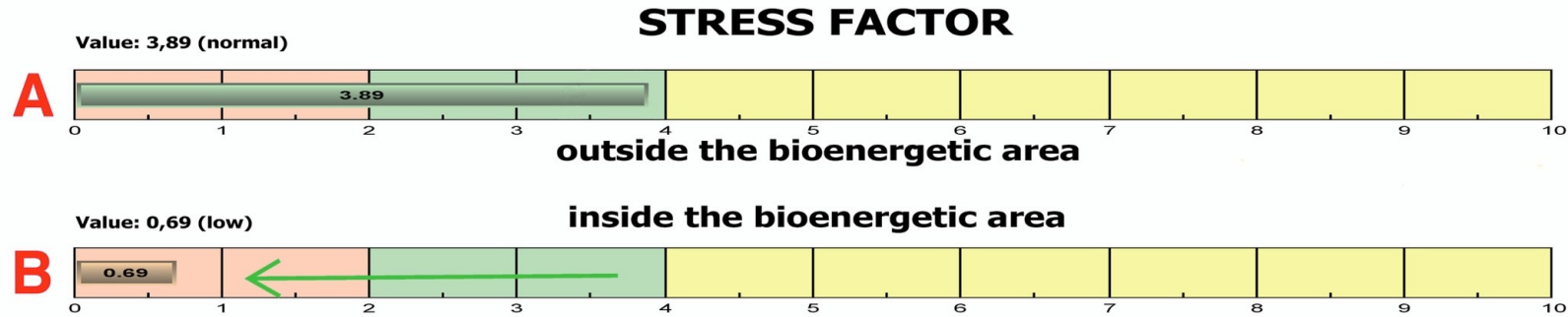
tiroide, prostata, sistema linfatico,
sistema immunitario e nervoso

*thyroid gland, prostate gland, lymphatic
system, immune system, nervous system*

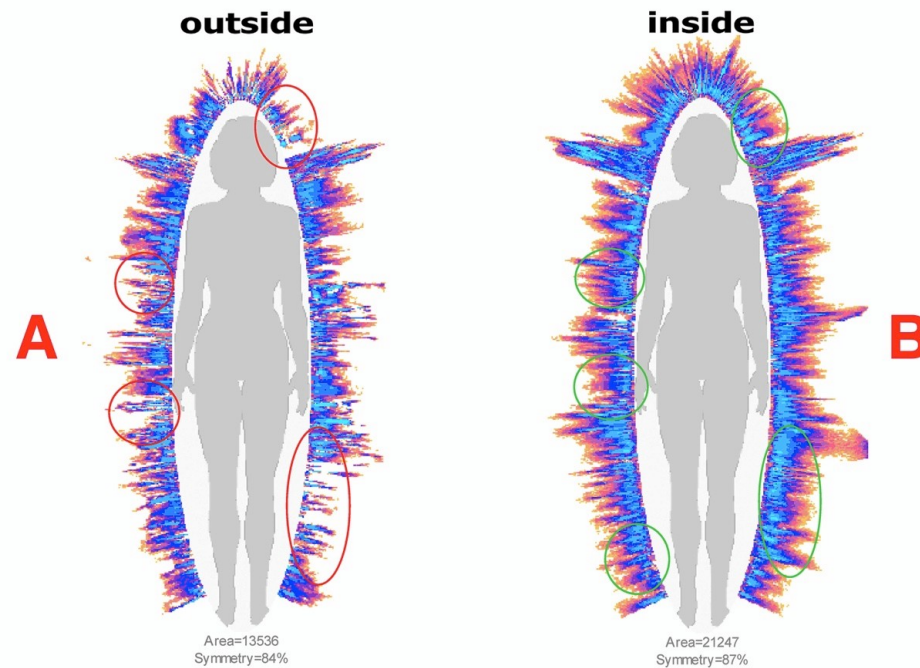


BIOENERGETIC LANDSCAPES: the beneficial energy of

GDV Diagram



OVERALL ENERGY FIELD



© Kirilionics Technologies International

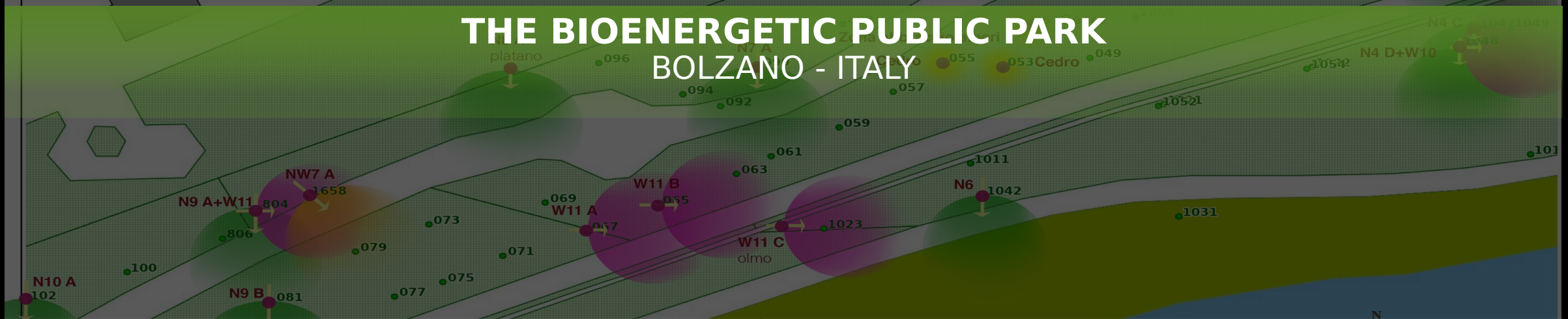
Measurement on human body before **A** and after **B** a few minutes rest in a bioenergetic area generated by a Linden tree

BIOENERGETIC LANDSCAPES INSTRUMENTAL TESTS



Measurements made with 'Mira multispectral camera' , instrumentation based on Artificial Intelligence and designed to visualise invisible electromagnetic phenomena in different spectral bands between UV and near-infrared (D. Gullà-Italy)

THE BIOENERGETIC PUBLIC PARK BOLZANO - ITALY



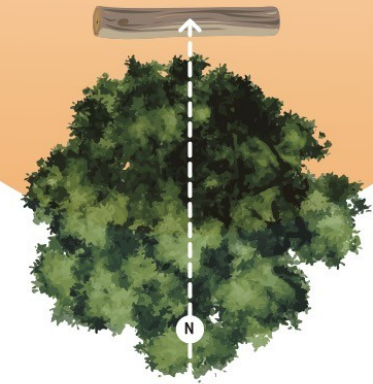
Tilia x vulgaris

017

Area bioenergetica con particolare influenza benefica per:
sistema linfatico, sistema cardiocircolatorio e coronarie, stomaco

Bioenergetischer Bereich mit besonders vorteilhaftem Einfluss für:
Lymphsystem, Herz-Kreislauf-System und Herzkranzgefäße, Magen

Bioenergetic area and most benefited organ
lymphatic system, cardiovascular system and coronaries, stomach



Il parco bioenergetico Lungo Isarco, la natura che fa bene
Der bioenergetische Park, Natur die hilft



THE BIOENERGETIC PUBLIC PARK

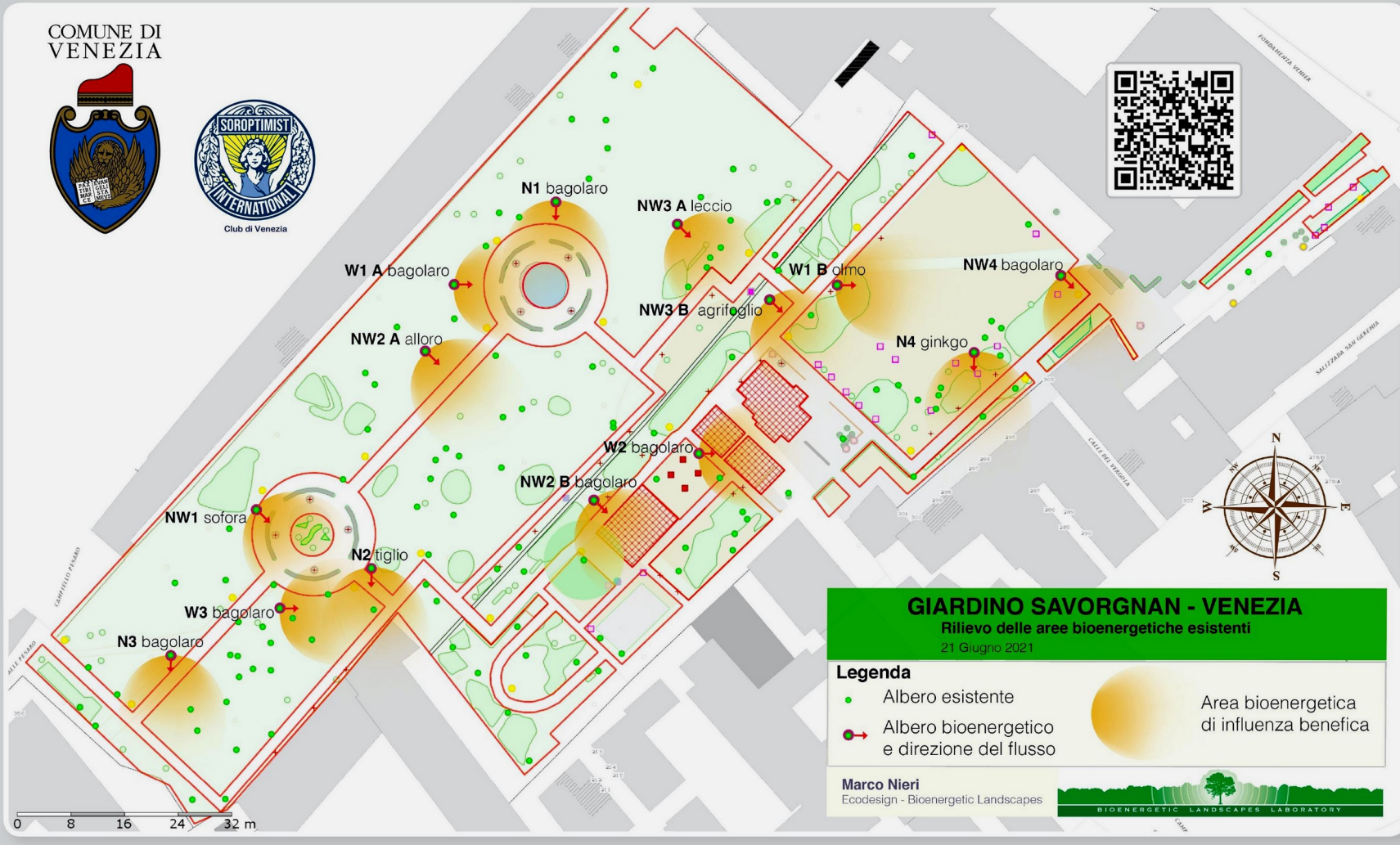
BOLZANO - ITALY



THE BIOENERGETIC PUBLIC GARDEN

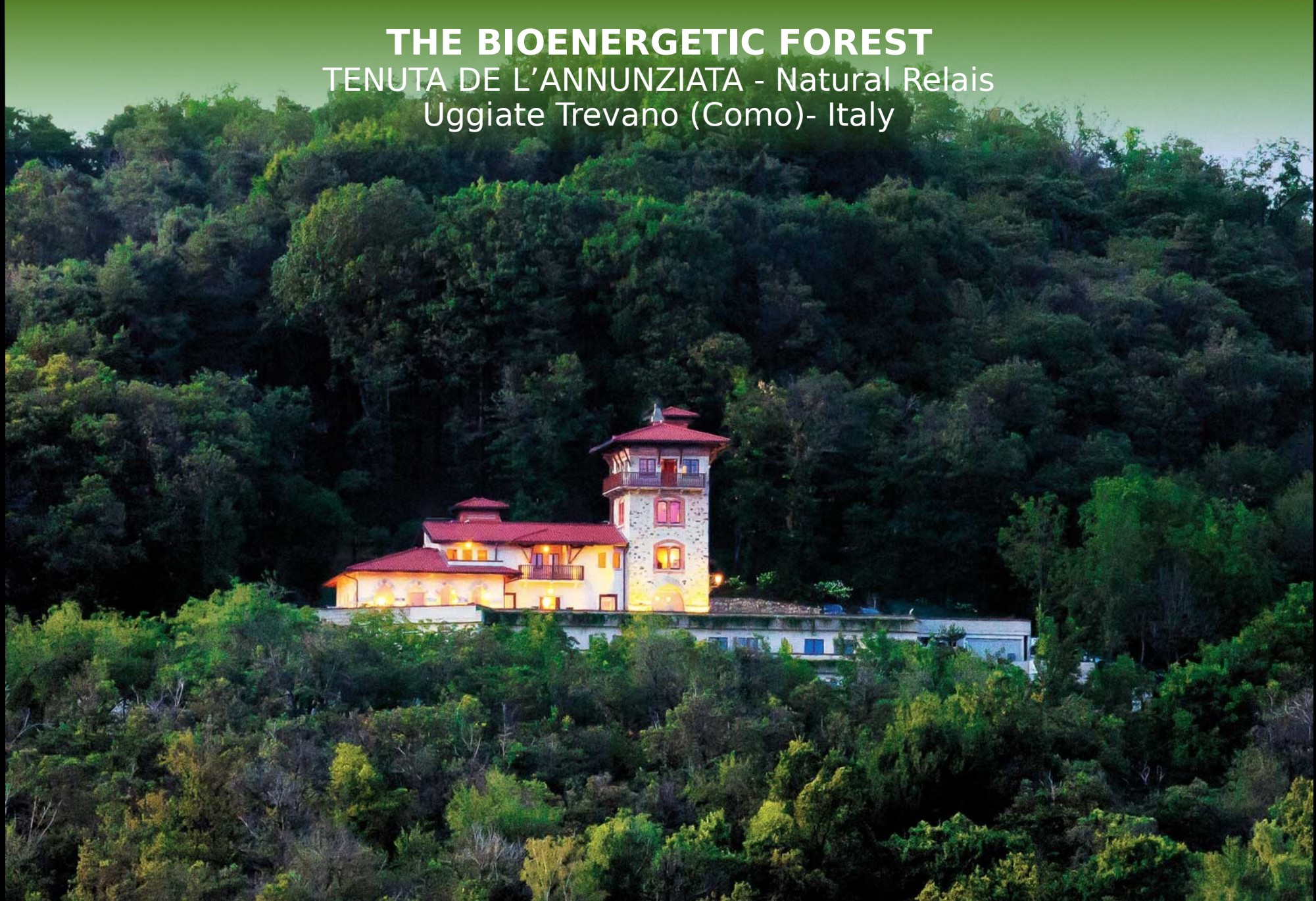
VENEZIA - ITALY

COMUNE DI
VENEZIA



THE BIOENERGETIC FOREST

TENUTA DE L'ANNUNZIATA - Natural Relais
Uggiate Trevano (Como)- Italy



THE BIOENERGETIC FOREST



albero monitorato
estensione e direzione
dell'influenza
generata dall'albero



bioenergetic landscape
punto focale

↓
direzione



THE BIOENERGETIC FOREST

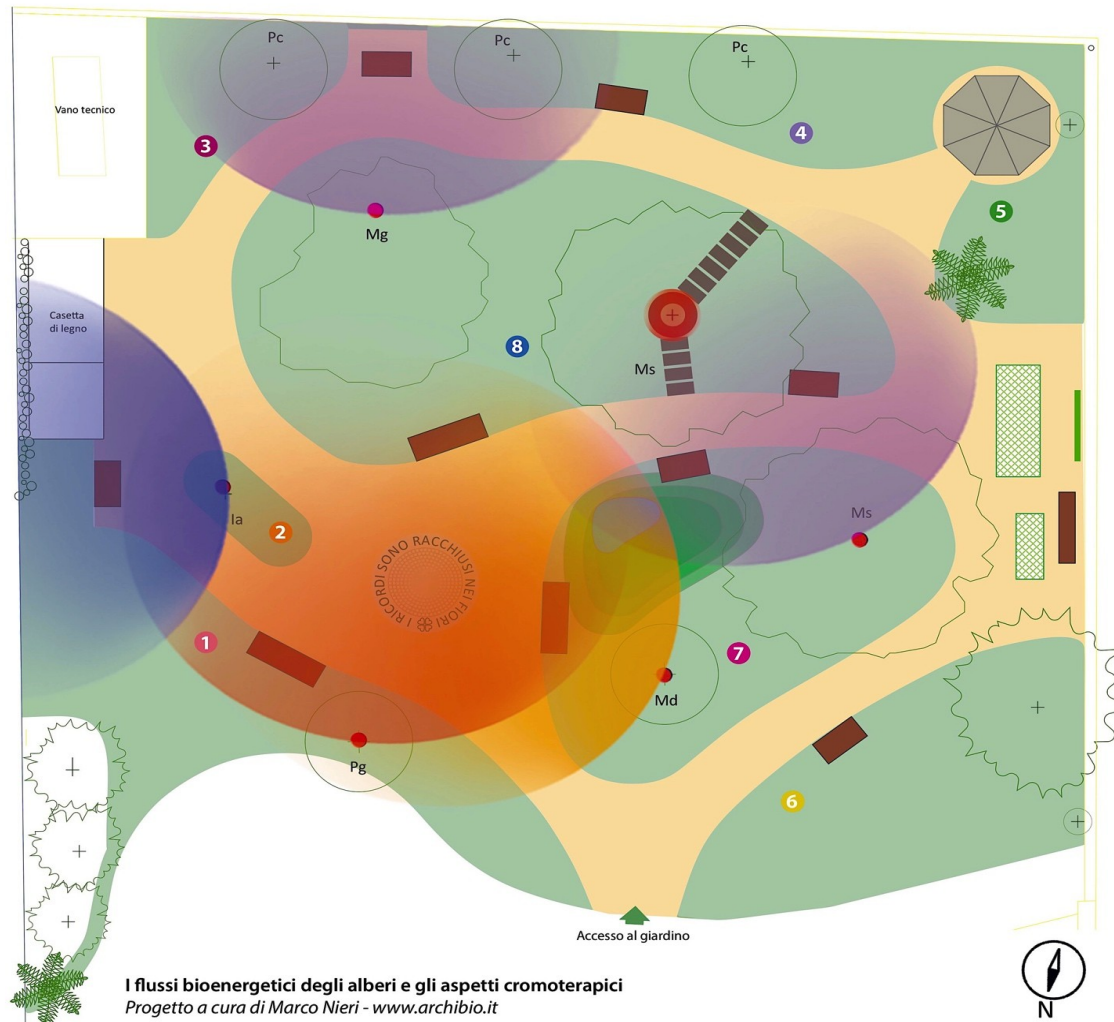
TENUTA DE L'ANNUNZIATA - Natural Relais
Uggiate Trevano (Como)- Italy



THE BIOENERGETIC HEALING GARDEN FOR ALZHEIMER BIELLA (ITALY)

Il Giardino Terapeutico Bioenergetico di Villa Boffo

"i ricordi sono racchiusi nei fiori"



Il Giardino Terapeutico Bioenergetico di Villa Boffo

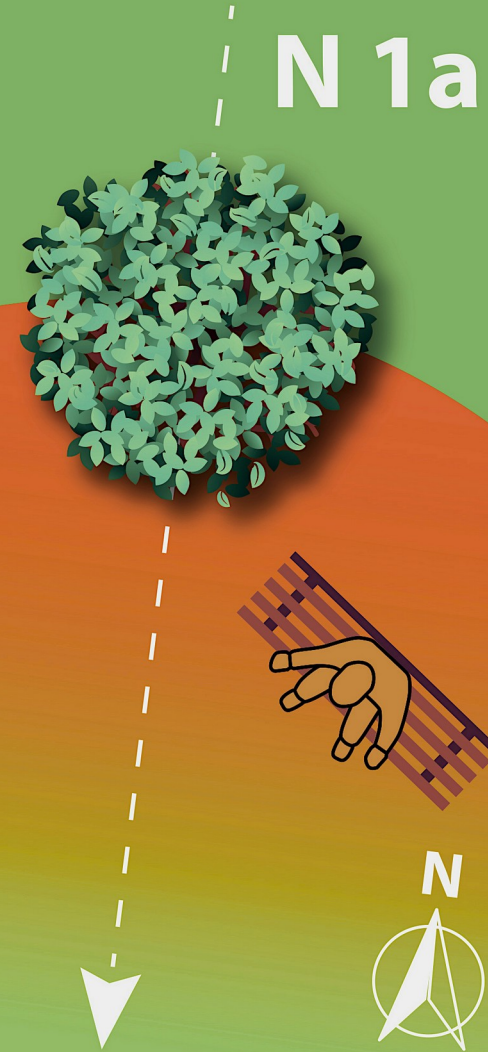
"i ricordi sono racchiusi nei fiori"

Pomegranate

Punica granatum

**Bioenergetic area
and most benefited organs:**
prostate, lymphatic system,
gallbladder, stomach, small intestine,
duodenum, thyroid

Bioenergetic Garden for Alzheimer of Villa Boffo



A panel showing the beneficial effects of a bioenergetic tree on human organs



Thanks for your attention

Marco Nieri

Biophilic design – Bioresearch
Bioenergetic Landscapes
Forest Bathing Trainer

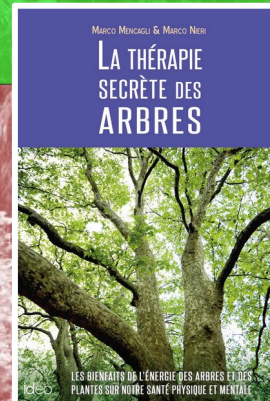
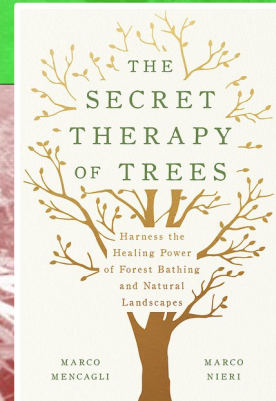
info@archibio.it

www.archibio.it

www.marconieri.com

+39-340.5030635

Last Book:



Dozza (Bologna) – Italy
Youtube: Marco Nieri
Facebook: Marco Nieri - Bioenergetic Landscapes
Instagram: Bioenergetic Landscapes



FOREST BATHING

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MAIN PSYCHOLOGICAL AND PHYSIOLOGICAL BENEFIT

cardiovascular and nervous regularisation, stress reduction, improved mood, increased anticancer and immune activity, *the latter in particular due to the action on NK lymphocytes by monoterpenes, volatile substances emitted by the leaves of certain tree species*

example:

- reduction of stress hormone (salivary cortisol)
- regularisation of blood pressure
- reduction in the number and greater regularity of heartbeats
- increased activity of the parasympathetic nervous system (biological functions)
- reduced sympathetic nervous system (emergency responses)
- reduced perception of anxiety, depression, anger, fatigue and confusion
- increased feeling of vigour
- increased activity of NK lymphocytes -> *monoterpenes*
- increase in intracellular anti-cancer proteins
- reduction of adrenalin and noradrenalin levels in urine (stress hormones)

