

Some fun places you and your family can explore:

Monroe

- ☐ Black Bayou Lake NWR *
- ☐ Forsythe Park
- ☐ Louisiana Purchase Gardens and Zoo
- ☐ Russell Sage WMA *

West Monroe

- ☐ Cheniere Lake, Area 1
- ☐ Kiroli Park
- ☐ Restoration Park

Union Parish

- ☐ D'Arbonne NWR *

Tallulah

- ☐ Tensas River NWR *

Don't forget to bring a drink, sunscreen, protective clothing and mosquito repellent!

*WMAs and certain areas of NWRs require a hunting/fishing license.

Comforting Nature

"The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for every sorrow, whatever the circumstances may be. And I firmly believe that nature brings solace in all troubles."

— Anne Frank



This brochure is a part of
Kim Paxton's
Louisiana Master Naturalist
certification project.
Edited by Charles Paxton.

Healing Nature

Medical research has revealed the following interesting facts about healing nature:



Walking in the forest is beneficial for the exercise and also what the Japanese call “forest bathing,” walking through phytoncide chemicals produced by the trees. These substances prevent them from rotting or being eaten and have a protective area of affect including their neighbors and walkers. These substances increase your white blood cell activity and thus your immune system to fight cancer and viruses. This phytoncide boost can last up to a week!



Phyton means plant and *cide* means to exterminate



Woodland walks can improve our memory by up to 20% compared with walks in built up cityscapes.



Ambient therapy relaxes, calms and even reduces pain. Natural sounds of the ocean, streams, rivers and wind through trees transport people to calmer states. This can help people with disabilities.



Negatively charged oxygen molecules attract mold spores, dust, pollen, smoke and other particles to freshen the air. These ions are found in nature in waterfalls, the beach and storms.



Avoid mental fatigue by going out into nature to find fascinating and distracting things.



By activating vitamin D in our bodies by day and more melatonin by night, exposure to bright sunlight may help us increase our alertness and decrease the risk of depression for those at risk for SAD (seasonal affective disorder).



According to the Department of Environmental Conservation of New York State, when we go in the forest, we benefit from:

- ☑ a boosted immune system
- ☑ a lowered blood pressure
- ☑ reduced stress
- ☑ an improved mood
- ☑ an increased ability to focus, even in children with ADHD
- ☑ an accelerated recovery from surgery or illness
- ☑ an increased energy level
- ☑ an improved sleep

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