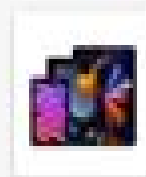
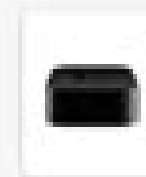


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web jul 28 2017 human health benefits associated with the immersion in nature continue to be currently researched longitudinal research conducted worldwide is needed to produce new evidence of the relationships associated with

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web the japanese practice of shinrin yoku or forest bathing is the simple and therapeutic act of spending time in a forest if you've ever been in a forest listened to the birds and watched the sunshine filtering through the leaves you've already participated in one of the best things you can do for your physical and mental well being