

Mayo Clinic Minute: Prescribing nature for mental, physical health

VIDEO	AUDIO
Jason	Being outdoors in nature is an important factor in staying healthy. It's a concept called biophilia.
Brent Bauer, M.D. General Internal Medicine Mayo Clinic	"Biophilia means that we are wired to be connected to nature — that there's something healthy about having nature either in our presence or us being present in nature."
Dr. Bauer	"There's actually a lot of research on this topic. So it's no longer just, 'Nature sounds good.' We know it's actually really good. Those studies range from evaluating people who are in a city and then taken into a forest. What happens to blood pressure? What happens to heart rate? And in many, many studies, we do much better in the natural environment."
Jason	Which is why some health care professionals are writing "park prescriptions."
Dr. Bauer	"It's kind of, I think, heightening the importance of getting out into nature. More than just saying we should. Now we actually have a prescription."
Jason	Studies suggest the best dose of nature is at least two hours a week.
Jason	And if you can't get outside, bring the nature indoors.
Dr. Bauer	"There's still plenty of benefits to listening to bird songs, listening to nature sounds, having a water fountain — just having elements around you that are made of stone and wood.
Jason	For the Mayo Clinic News Network, I'm Jason Howland.