



19 Scientific Studies on Forest Medicine and Forest Bathing

In the list below you'll find several of the scientific papers that I used in researching the Conifers in my Kitchen Masterclass. I've linked to the full journal article so that you can expand your understanding of conifers and their health benefits as you have time. These articles are in the Fruitful Level of the DIY Herbal Fellowship. If you are just starting out don't be overwhelmed. Just tuck these away for when you are ready to dig deeper.

This kind of information is something you can grow into.

Forest Medicine:

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Joung, D. et als. "Physiological and Psychological Effects of Olfactory Stimulation with D-Limonene." Advances in Horticultural Science, 2014 28(2): 90-94.
<http://fupress.net/index.php/ahs/article/viewFile/22808/20735>

Kusuhara, Masatoshi et als. "*Fragrant Environment with alpha pinene decreases tumour growth in mice*" Biomedical Research 33, (1) 57-61 2012.
https://www.jstage.jst.go.jp/article/biomedres/33/1/33_1_57/pdf

Leite, Aristides Medeiros, Lima, Edeltrudes de Oliveira, Souza, Evandro Leite de, Diniz, Margareth de Fátima Formiga Melo, Trajano, Vinícius Nogueira, & Medeiros, Isac Almeida de. (2007). "*Inhibitory effect of beta-pinene, alpha-pinene and eugenol on the growth of potential infectious endocarditis causing Gram-positive bacteria*". *Revista Brasileira de Ciências Farmacêuticas*, 43(1), 121-126. <https://dx.doi.org/10.1590/S1516-93322007000100015>

Li, Qing and Tomoyuki Kawada. "*Healthy Forest Parks make healthy people: Forest environments enhance human immune function*." Department of Hygiene and Public Health, Nippon Medical School. <http://hphcentral.com/wp-content/uploads/2010/09/5000-paper-by-Qing-Li2-2.pdf>

Li, Qing et als. "*Acute Effects of walking in forest environments on cardiovascular and metabolic parameters*." *European Journal of Applied Physiology*, 2011 (111:2845-2853)
https://www.researchgate.net/profile/Takahide_Kagawa/publication/50832754_Acute_eVects_of_walking_in_forest_environments_on_cardiovascular_and_metabolic_parameters/links/56e61d7808aedb4cc8ae9407.pdf

Li, Qing, Ari Nakadai, Hiroki Matsushima, Yoshifumi Miyazaki, Alan M. Krensky, Tomoyuki Kawada &

Kanehisa Morimoto (2006) Phytoncides (Wood Essential Oils) Induce Human Natural Killer Cell Activity, *Immunopharmacology and Immunotoxicology*, 28:2, 319-333,
https://www.researchgate.net/profile/Ari_Itoh-nakadai/publication/6913530_Phytoncides_Wood_Essential_Oils_Induce_Human_Natural_Killer_Cell_Activity/links/5ae10956a6fdcc91399ec527/Phytoncides-Wood-Essential-Oils-Induce-Human-Natural-Killer-Cell-Activity.pdf

Li, Q., Kobayashi, M., Wakayama, Y., Inagaki, H., Katsumata, M., Hirata, Y., ... Miyazaki, Y. (2009). Effect of Phytoncide from Trees on Human Natural Killer Cell Function. *International Journal of Immunopathology and Pharmacology*, 951–959.
<https://journals.sagepub.com/doi/pdf/10.1177/039463200902200410>

Kh.A. Khalid. "Influence of water stress on growth, essential oil, and chemical composition of herbs" *Int. Agrophysics* 2006, 20, 289-296. http://www.old.international-agrophysics.org/artykuly/international_agrophysics/IntAgr_2006_20_4_289.pdf

R. S. FARAG, Z. Y. DAW, F. M. HEWEDI, and G. S. A. EL-BAROTY (1989) "Antimicrobial Activity of Some Egyptian Spice Essential Oils. *Journal of Food Protection*": September 1989, Vol. 52, No. 9, pp. 665-667. <http://jfoodprotection.org/doi/pdf/10.4315/0362-028X-52.9.665>

Multiple Authors. "Natural Herbal Living" Magazine, "Pine *Pinus Spp.*"
<https://naturalherballiving.com/issue/pine/>

Forest Bathing:

Lee, Jee-Yon. And Duk-Chul Lee. "Cardiac and Pulmonary Benefits of Forest Walking vs. City Walking in Elderly Women." *European Journal of Integrative Medicine*. 6 (2014), 5-11.
<https://ir.ymlib.yonsei.ac.kr/bitstream/22282913/98225/1/T201400473.pdf>

Li, Q., Morimoto, K., Nakadai, A., Inagaki, H., Katsumata, M., Shimizu, T., ... Kawada, T. (2007). "Forest Bathing Enhances Human Natural Killer Activity and Expression of Anti-Cancer Proteins." *International Journal of Immunopathology and Pharmacology*, 3–8.
<https://journals.sagepub.com/doi/pdf/10.1177/03946320070200S202>

Li, Q., Kobayashi, M., Wakayama, Y., Inagaki, H., Katsumata, M., Hirata, Y., ... Miyazaki, Y. (2009). Effect of Phytoncide from Trees on Human Natural Killer Cell Function. *International Journal of Immunopathology and Pharmacology*, 951–959.
<https://journals.sagepub.com/doi/pdf/10.1177/039463200902200410>

Li, Q., Morimoto, K., Kobayashi, M., Inagaki, H., Katsumata, M., Hirata, Y., ... Krensky, A. M. (2008).

Visiting a Forest, but Not a City, Increases Human Natural Killer Activity and Expression of Anti-Cancer Proteins. *International Journal of Immunopathology and Pharmacology*, 117–127.
<https://journals.sagepub.com/doi/pdf/10.1177/039463200802100113>

Li, Q. “Forest Medicine: The Japanese Forest Therapy Trails”

https://www.fundaciocatalunya-lapedrera.com/sites/default/files/SalutiNatura_Qing%20Li.pdf

Li, Q. et als. “A Forest Bathing Trip Increases Human Natural Killer Activity and Expression of Anti-Cancer Proteins in Female Subjects.” *Journal of Biological Regulators and Homeostatic Agents*. Vol. 22, No. 1, 45-55, 2008. https://healinggardensupport.org/wp-content/uploads/2017/01/forest_bathing_tripfemale_subjects_2008.pdf

Livni, E. “The Japanese Practice of Forest Bathing is Scientifically Proven to Improve your Health.”

<https://static1.squarespace.com/static/572cd66e4d088e89334e497a/t/585357e06a4963069de11ce0/1481857004649/Japanese+practice+of+%E2%80%98forest+bathing%E2%80%99+is+scientifically+proven+to+improve+your+health.pdf>

Ohtsuka, Y., Yabunaka, N. & Takayama, “*Shinrin-yoku (forest-air bathing and walking) effectively decreases blood glucose levels in diabetic patients*” *S. Int J Biometeorol* (1998) 41: 125.

https://www.researchgate.net/profile/Yoshinori_Ohtsuka/publication/51324277_Shinrin-Yoku_forest-air_bathing_and_walking_effectively_decreases_blood_glucose_levels_in_diabetic_patients/links/5628240908ae518e347b33b6/Shinrin-Yoku-forest-air-bathing-and-walking-effectively-decreases-blood-glucose-levels-in-diabetic-patients.pdf