



Your Brain On Nature: Become Smarter, Happier, and More Productive, While Protecting Your Brain Health for Life

By Eva M. Selhub, Alan C. Logan

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How to safely de-tox from IT overload--with the healing effects of nature.

Scientific studies have shown that natural environments can have remarkable benefits for human health. Natural environments are more likely to promote positive emotions; and viewing and walking in nature have been associated with heightened physical and mental energy. Nature has also been found to have a positive impact on children who have been diagnosed with impulsivity, hyperactivity, and attention deficit disorder. A powerful wake-up call for our tech-immersed society, *Your Brain on Nature* examines the fascinating effects that exposure to nature can have on the brain.

In *Your Brain on Nature*, physician Eva Selhub and naturopath Alan Logan examine not only the effects of nature on the brain--but the ubiquitous influence of everyday technology on the brain, and how IT overload and its many distractions may even be changing it. Offering an antidote for the technology-addicted, the book outlines emerging nature-based therapies including ecotherapy, as well as practical strategies for improving your (and your children's) cognitive functioning, mental health, and physical well-being through ecotherapeutic, nutritional, and behavioural means.

- Details the back to nature movement and the benefits of nature on the brain and body, from reducing the symptoms of ADHD to improving mood and physical energy
- Explains the effects of air quality, aromas, light and sound on the brain, including SAD and sleep loss

A fascinating look at the effects that both nature and technology have on the brain's functioning and one's overall well-being, *Your Brain on Nature* is every tech-addict's guide to restoring health and balance in an increasingly IT-dependent world.

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Editorial Review

From the Back Cover

Think better. Think healthier. Think green.

The human brain is incredibly complex, but neuroscientists are discovering a key to optimal brain health that's ancient and remarkably simple: immersion in nature. In this surprising survey of the latest scientific research, Eva Selhub, MD, and Alan Logan, ND, detail how the human brain is inextricably linked to the natural world, and how we can benefit from enhancing that connection.

Offering an antidote for the technology-addicted, *Your Brain on Nature* offers scientifically proven, nature-based methods for reducing your stress, improving your cognitive powers, and boosting the efficiency of your exercise. Selhub and Logan persuasively demonstrate that the human bond with nature is vital, from where our children play, to the food we eat, to our faithful animal companions.

A fascinating look at the effects that both nature and technology have on the brain's functioning and one's overall well-being, *Your Brain on Nature* delivers an urgent message about restoring health and balance in an increasingly IT-dependent world.

About the Author

EVA SELHUB, MD, is an Instructor of Medicine at Harvard Medical School and a Clinical Associate of the Benson Henry Institute for Mind/Body Medicine at the Massachusetts General Hospital. She is Board Certified in Internal Medicine and trained in Eastern medical practices. She has an integrative medicine practice and she also coaches clients in resiliency and stress management. Dr. Selhub is a motivational speaker, teacher and trainer and has lectured throughout the United States, Europe, China and Israel. Dr. Selhub is also the author of *The Love Response* and has been published in medical journals and featured in national publications. She is also a media spokesperson.

Users Review

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Nancy Fisher:

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Andrea Whitt:

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