ChefMD's Green Cure: How Gardening and Nature Can Heal What Ails You
By Dr. John La Puma

Additional Resources

What is Nature Therapy? Videos, Books, Groups, More
https://www.drjohnlapuma.com/nature-therapy/

Just Released: Planetary Health
https://amzn.to/30JBoB0

How to Start Forest Bathing and Feel Fantastic
https://www.forestryengland.uk/blog/forest-bathing

YouTube: Nature Therapy Playlist in Santa Barbara
https://www.youtube.com/playlist?list=PLdCbY4bqZeZoXibx1KmGM31C4FnQUlkSS

Nature Based Therapeutics Courses: University of Minnesota
https://www.csh.umn.edu/education/focus-areas/nature-based-therapeutics