

Trees importance for health



- A single tree produces as much oxygen as a human need. *Source: Lena Ekstrand, GP*
- Trees regulate the climate and purifies the air – for example, there is 70% less air pollution at an allégata than on a treeless street. *Source: System ecologist Johan Colding*
- The trees also strengthen our immune system (by, among other things, secreting phytochemicals). Sharply marked increases (about 50%) of the number of "natural killers" = cells that can identify and "eat" defective cells, including the type found in tumors. *Source: Lena Ekstrand, GP*
- Since previous observations, it has been seen how patients with views of nature and trees have recovered faster. Now it is also known that ...
 - The risk of people with more than a kilometer to a green area would die prematurely was clearly greater than for those who had closer to the green environment. Study of 41 million Englishmen published in 2008 *Source: Lena Ekstrand, GP*
 - People who live with a maximum of 800 meters to nature are less likely to get any of 15 different diseases such as depression, cardiovascular problems, asthma and migraines. *Source: Dutch Research Study 2009, Fredrik Grythberg Magazine Career.*
 - Those who live in residential areas with many trees feel the best, with lower mortality and less stress hormones in their blood. *Source: Research team Toronto, Canada – Fredrik Grythberg, the magazine Karriär*



- A walk in the forest for fifteen minutes is enough to reduce stress hormones by 16%
- In the absence of real goods, forests and nature, researchers in South Korea have shown that we also allow ourselves to be influenced by different types of images. Subjects looking at images from urban environments had a greater activity in that part of the brain that is linked to anxiety and fear. While nature images instead triggered the parts of the brain that are linked to empathy and the desire to help others... So, we must care for our trees – whether they are wild trees or care trees (currently, rainforest the size of a football field is being devastated every second (!), equivalent to an area of Denmark every year) Through our care for the trees, the trees provide us humans to take care of each other. Something to think about next time we lay our



hands around a tree in an energizing hug...

