

Healing Skies Conference 2019

Forest Bathing: working with the vis at the intersection of nature cure and botanical medicine



Dr. Cyndi Gilbert ND

Biography:

Dr. Cyndi Gilbert, ND is a naturopathic doctor, author, and plant whisperer, who has been studying trees and plant medicine since she first sat under the maple tree and ate red clover flowers out of her yard as a child. As a faculty member at the Canadian College of Naturopathic Medicine, she taught botanical medicine and naturopathic philosophy for over 10 years. She presently acts as clinical faculty supervising naturopathic interns at a community health centre working with underserved and marginalized patients.

In addition to seeing patients at her clinical practice in downtown Toronto, Canada, Cyndi is a prolific author and sought-after speaker. Cyndi has contributed to several textbooks, magazines, and other publications on the health benefits of nature exposure and forest bathing. She is the author of *The Essential Guide to Women's Herbal Medicine* and an upcoming book on forest bathing.

Presentation description:

This presentation will explore the health benefits of forest bathing, also known as *shinrin-yoku*, and the incorporation of forest bathing into an urban naturopathic practice. Critical evaluation of the research evidence related to both nature deficit disorder and therapeutic forest bathing will be reviewed, in regards to longevity, cardiovascular health, stress resiliency, cognition, mood, and specific pediatric health issues. Further discussion will focus on the application of forest bathing in clinical practice and the incorporation of mindfulness and botanical medicine into green prescriptions. An outdoor practical session will engage participants in a forest bathing demonstration. By the end of the session, clinicians will feel confident in applying forest bathing as a therapeutic tool in practice.