

How What We Don't Know About Nature, Bodies, and Surgery Can Hurt Us



Birth Matters: How What We Don't Know About Nature, Bodies, and Surgery Can Hurt Us by Ina May Gaskin

★★★★☆ 4.9 out of 5

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Word Wise : Enabled
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We live in a world that is increasingly dominated by technology. We rely on machines to do our work, to communicate with each other, and to entertain us. But as we become more and more dependent on technology, we are losing touch with nature. And this is having a negative impact on our health.

Nature has a profound impact on our physical and mental well-being. Studies have shown that spending time in nature can reduce stress, improve mood, and boost creativity. It can also help us to sleep better, lose weight, and recover from illness more quickly.

But we are spending less and less time in nature. The average American spends more than 90% of their time indoors. And this is having a negative impact on our health.

One of the most serious ways that our lack of contact with nature is harming us is by increasing our risk of surgery. Surgery is a major stress on the body, and it can take weeks or even months to recover. But spending time in nature before and after surgery can help to reduce stress, improve mood, and speed up recovery.

One study found that patients who spent time in nature before surgery had lower levels of stress and anxiety, and they recovered more quickly from surgery. Another study found that patients who spent time in nature after surgery had less pain and discomfort, and they were able to return to their normal activities sooner.

Nature is also essential for our physical health. Spending time in nature can help to reduce our risk of heart disease, stroke, diabetes, and other chronic diseases. It can also help us to lose weight, improve our cardiovascular health, and boost our immune system.

But we are not just harming ourselves by spending less time in nature. We are also harming the planet. Nature provides us with food, water, and air. It also helps to regulate the climate and provide us with a sense of place.

When we damage nature, we are damaging ourselves. We need to find ways to reconnect with nature and to protect it for future generations.

Here are some things you can do to reconnect with nature:

- Spend time in nature every day, even if it's just for a few minutes.
- Go for a walk in the park, hike in the woods, or swim in a lake.
- Volunteer for a conservation organization.

- Eat organic food and support sustainable agriculture.
- Reduce your carbon footprint.

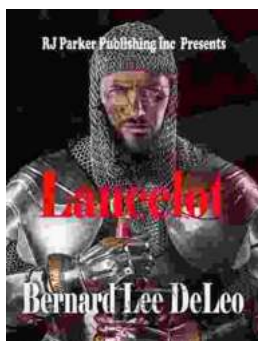
By reconnecting with nature, we can improve our health, protect the planet, and create a better future for ourselves and our children.



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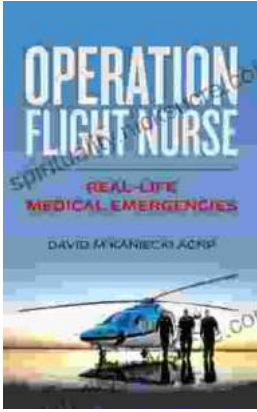
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