

מקורות

- Bikomeye JC, Beyer AM, Kwarteng JL, Beyer KM. [Greenspace, Inflammation, Cardiovascular Health, and Cancer: A Review and Conceptual Framework for Greenspace in Cardio-Oncology Research](#). International Journal of Environmental Research and Public Health. 2022 Feb 19;19(4):2426. .1
- Chae Y, Lee S, Jo Y, Kang S, Park S, Kang H. [The Effects of Forest Therapy on Immune Function](#). International Journal of Environmental Research and Public Health. 2021;18(16):8440. .2
- Andersen, L., Corazon, S., & Stigsdotter, U. (2021). [Nature Exposure and Its Effects on Immune System Functioning: A Systematic Review](#). International journal of environmental research and public health, 18(4), 1416. .3
- Li Q, Kobayashi M, Wakayama Y, Inagaki H, Katsumata M, Hirata Y, Hirata K, Shimizu T, Kawada T, Park BJ, Ohira T. [Effect of phytoncide from trees on human natural killer cell function](#). International journal of immunopathology and pharmacology. 2009 Oct;22(4):951-9. .4
- Han JW, Choi H, Jeon YH, Yoon CH, Woo JM, Kim W. [The effects of forest therapy on coping with chronic widespread pain: Physiological and psychological differences between participants in a forest therapy program and a control group](#). International journal of environmental research and public health. 2016 Mar;13(3):255. .5
- Serrat M, Almirall M, Musté M, Sanabria-Mazo JP, Feliu-Soler A, Méndez-Ulrich JL, Luciano JV, Sanz A. [Effectiveness of a multicomponent treatment for fibromyalgia based on pain neuroscience education, exercise therapy, psychological support, and nature exposure \(NAT-FM\): a pragmatic randomized controlled trial](#). Journal of clinical medicine. 2020 Oct 18;9(10):3348. .6
- Kim, W., Lim, S. K., Chung, E. J., & Woo, J. M. (2009). [The effect of cognitive behavior therapy-based psychotherapy applied in a forest environment on physiological changes and remission of major depressive disorder](#). *Psychiatry investigation*, 6(4), 245–254. .7
- Antonelli, M., Barbieri, G., & Donelli, D. (2019, August 15). [Effects of forest bathing \(Shinrin-Yoku\) on levels of cortisol as a stress biomarker: a systematic review and meta-analysis](#). International Journal of Biometeorology. Springer New York LLC. .8
- Littman AJ, Bratman GN, Lehavot K, Engel CC, Fortney JC, Peterson A, Jones A, Klassen C, Brandon J, Frumkin H. [Nature versus urban hiking for Veterans with post-traumatic stress disorder: a pilot randomised trial conducted in the Pacific Northwest USA](#). BMJ open. 2021 Sep 1;11(9):e051885. .9
- Biedenweg K, Scott RP, Scott TA. How does engaging with nature relate to life satisfaction? Demonstrating the link between environment-specific social experiences and life satisfaction. Journal of Environmental Psychology. 2017 Jun 1;50:112-24. .10
- Faber Taylor A, Kuo FE. [Could exposure to everyday green spaces help treat ADHD? Evidence from children's play settings](#). Applied Psychology: Health and Well-Being. 2011 Nov;3(3):281-303. .11