



# Evidence-Based Complementary and Alternative Medicine

## Special Issue on Therapeutic Value of Natural Environments in a Changing World

# CALL FOR PAPERS

It is empirically known that nature-based therapy using forests, parks, and gardens confers health benefits on humans, particularly in case of stress. In this research field, the improving effects of forest therapy on physiological relaxation and immune function have recently become clearer. However, there are few evidence-based studies documenting the health benefits conferred by nature and natural environments in a rapidly urbanizing and changing world.

In this issue, evidence-based studies related to the health benefits of human links with nature will be highlighted from the perspective of complementary and alternative medicine. We invite original research articles as well as review articles that describe the therapeutic value of natural environments in a changing world.

Potential topics include, but are not limited to:

- ▶ Recent advances of complementary and alternative medicine in nature-based therapy
- ▶ Field studies of the effects of green space and blue space on health
- ▶ Laboratory studies of olfactory, visual, auditory, and all sensory stimuli from natural environments and their features (green space, forests, trees, flowers and smells, tastes, views, sounds, tactile experience of nature, etc.)
- ▶ Evaluation methods of therapeutic value of nature-based therapy
- ▶ Epidemiological research on natural environments
- ▶ Natural environments and the mitigation of noncommunicable diseases (NCDs including mental health disorders)
- ▶ Physical activity and social capital as explanatory pathways for the benefits of natural environments
- ▶ Cultural and socioeconomic influences related to the therapeutic value of natural environments
- ▶ Others including unseen elements such as negative ions and phytoncides

Authors can submit their manuscripts via the Manuscript Tracking System at <http://mts.hindawi.com/submit/journals/ecam/tvne/>.

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