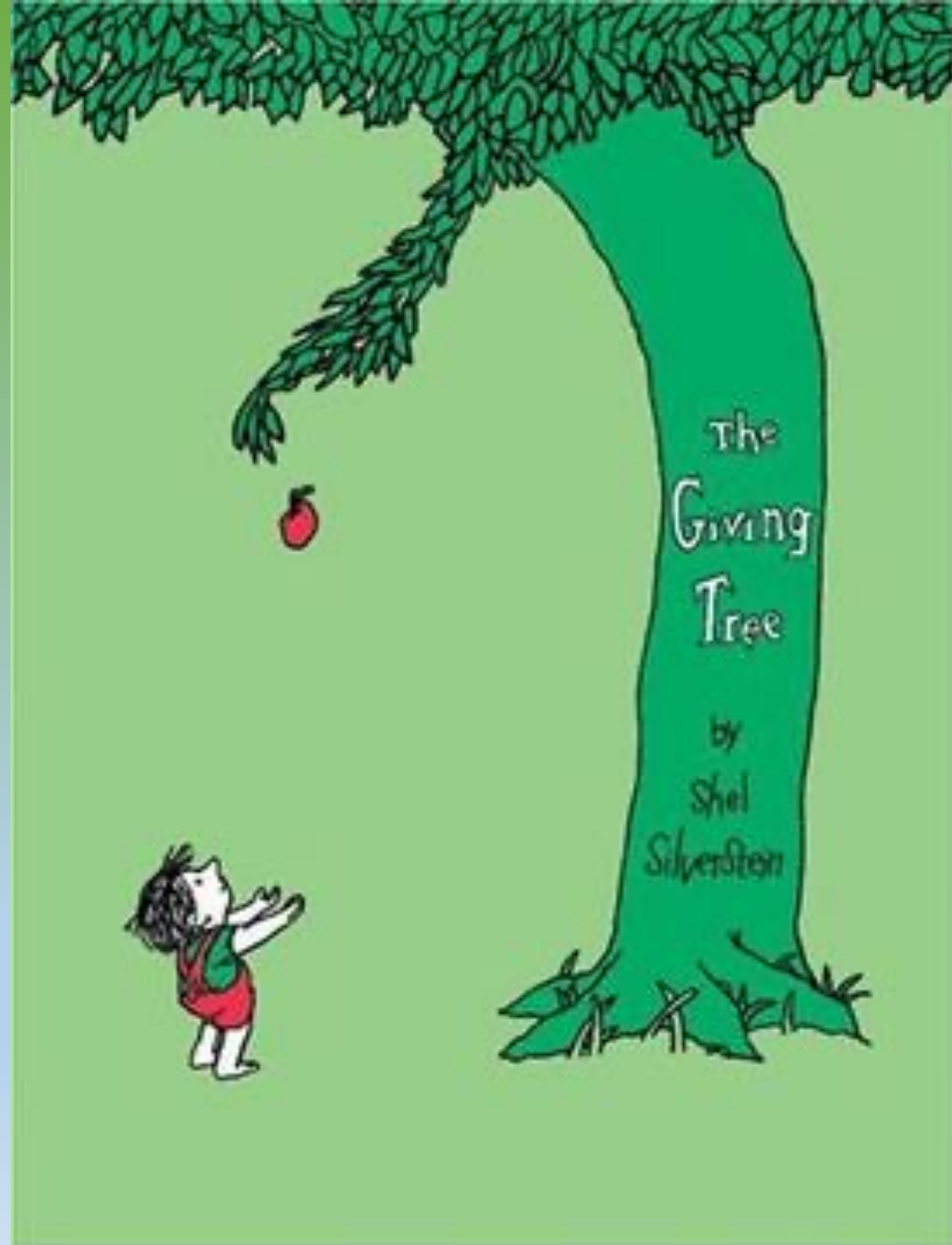


# **‘The Giving Tree’ was right: All the ways we benefit from urban trees**

**Dr. Donald A. Rakow  
Associate Professor, Section of Horticulture  
Cornell University**

**NY ReLeaf Conference  
July, 2022**

















Winner of Two Pulitzer Prizes

# *Biophilia*

EDWARD O. WILSON



The human bond with other species

"A profound and compelling science explores the mental health benefits  
that come with nature's gift. Reading it is a real eye opener!" — JEFFREY D.

## THE *Well-Gardened* MIND

The Restorative Power  
of Nature



SUE STUART-SMITH



























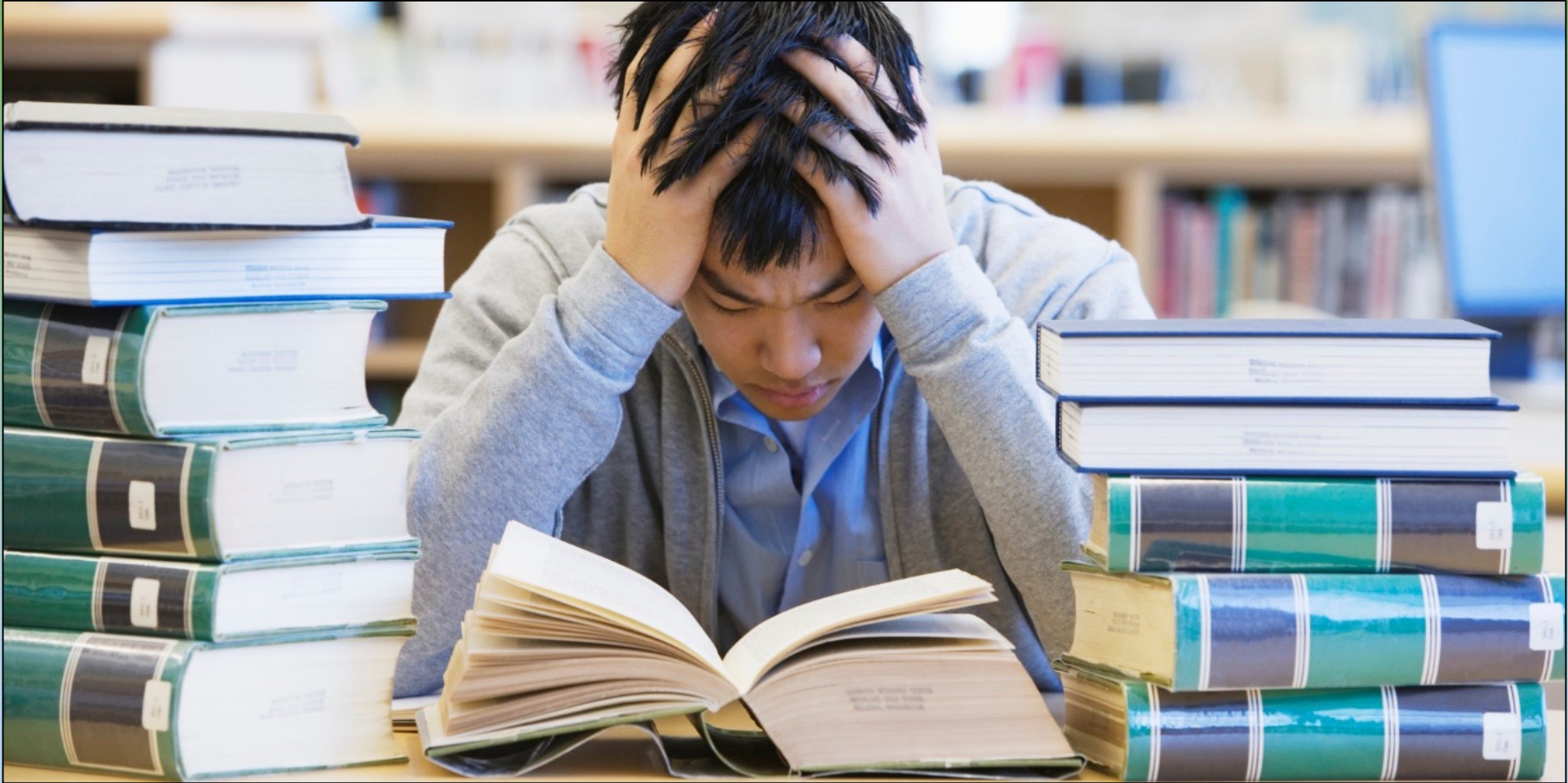












NEW YORK TIMES BESTSELLER

# Last Child *in the* Woods

SAVING OUR CHILDREN FROM  
NATURE-DEFICIT DISORDER

UPDATED AND EXPANDED  
WITH 100 ACTIVITIES FOR GETTING KIDS OUTSIDE



RICHARD LOUV









*NATIONAL CHILDREN'S HOME, THE SANATORIUM, HARPENDEN.*



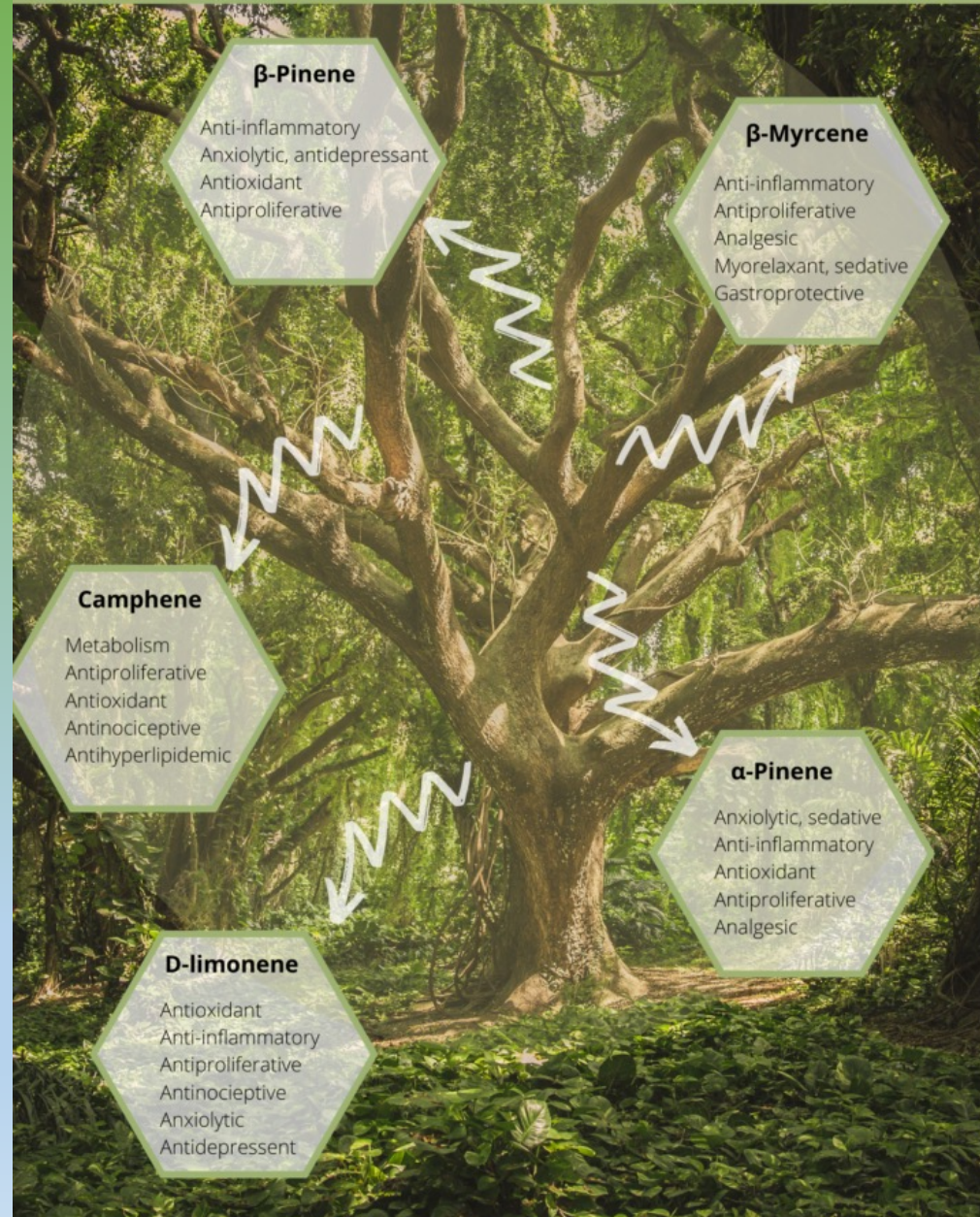








# PHYTONCIDES FROM THE FOREST





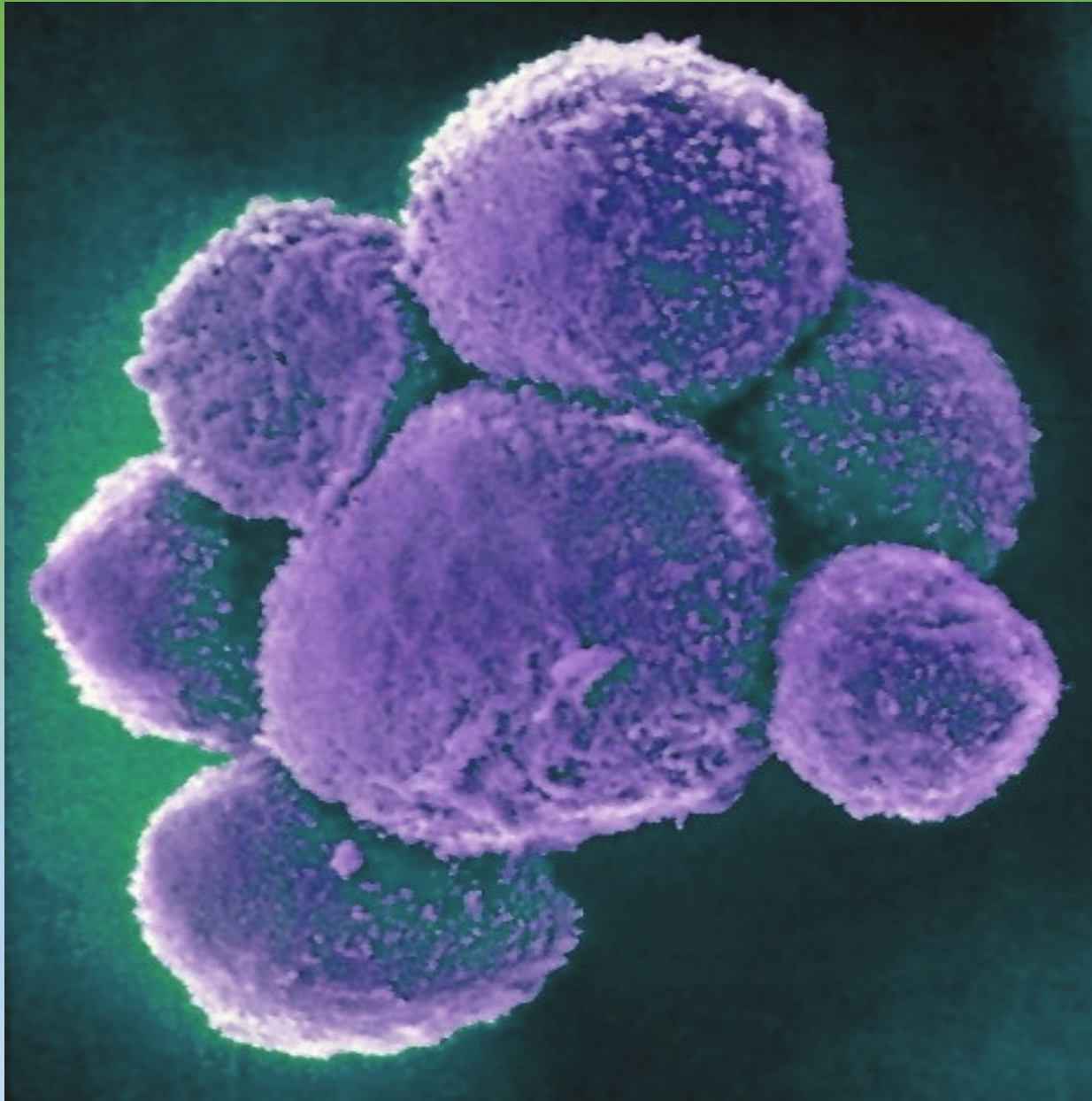






Lowry, J.H. Hollis, A. De Vries, B. Pan, L.R. Brunet, J.R.F. Hunt, J.F.R. Paton, E. Van Kampen, D.M. Knight, A.K. Evans, G.A.W. Rook, and S.L. Lightman.  
[Identification of an immune-responsive mesolimbocortical serotonergic system: Potential role in regulation of emotional behavior.](#) *Neuroscience*. 146 (2):  
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Frances Kuo. *How might contact with nature promote human health? Promising mechanisms and a possible central pathway.* Front. Psychol. 6: 1093.







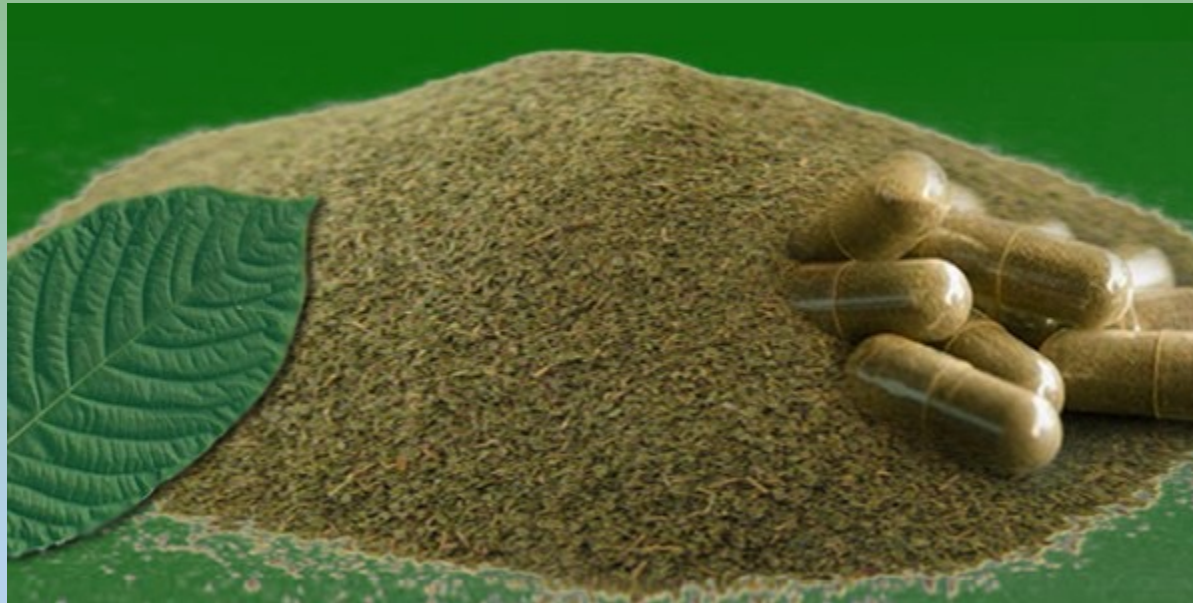








**So what is the correct dose of  
a nature prescription pill?**















Mission: “To reduce stress and thereby increase physical and mental health in students through their engagement with nature, and to cultivate in students an increased appreciation of nature.”



CAMPUS

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# Nature Rx

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NEWSLETTER



A young woman with dark hair is sitting in the fork of a large, mature tree, leaning against the trunk and reading a book. She is wearing a dark jacket and jeans. The scene is set in a park-like area with other trees in the background, some with yellowing autumn leaves. The sun is visible through the branches, creating a warm, golden light. The entire image is framed by a vertical gradient bar on the left side, transitioning from a vibrant green at the top to a light blue at the bottom.

# Nature Rx

*Improving  
College-Student  
Mental Health*

**Donald A. Rakow  
and Gregory T. Eells**











