# Wetenschappelijke artikelen

Hier vind je enkele wetenschappelijke artikelen over gezondheidseffecten en natuur:

**Effect of forest bathing trips on human immune function,** Qing Li, 2009 Mar 25
Link: https://pmc.ncbi.nlm.nih.gov/articles/PMC2793341/

**Physiological effects of Shinrin-yoku (taking in the atmosphere of the forest)**—using salivary cortisol and cerebral activity as indicators. J Physiol Anthropol. 2007;26(2):123-8.
Park BJ, Tsunetsugu Y, Kasetani T, Hirano H, Kagawa T, Sato M, Miyazaki Y.
Link: https://pubmed.ncbi.nlm.nih.gov/17435354/

**Human Physiological Benefits of Viewing Nature:** EEG Responses to Exact and Statistical Fractal Patterns. 2015
Hägerhäll, C. M.; Laike, T.; Küller, M.; Marcheschi, E.; Boydston, C.; Taylor, R. P.
https://pubmed.ncbi.nlm.nih.gov/25575556/

**Phytoncides (wood essential oils) induce human natural killer cell activity. Immunopharmacology and Immunotoxicology** 2006;28(2):319-33.
Li Q, Nakadai A, Matsushima H, Miyazaki Y, Krensky AM, Kawada T, Morimoto K.
Link: https://pubmed.ncbi.nlm.nih.gov/16873099/

**Psychological effects of forest environments on healthy adults:** Shinrin-yoku (forest-air bathing, walking) as a possible method of stress reduction.
Morita E, Fukuda S, Nagano J, Hamajima N, Yamamoto H, Iwai Y, Nakashima T, Ohira H, Shirakawa T. 2007 Jan
Link: https://pubmed.ncbi.nlm.nih.gov/17055544/