

I'd like to see Forest Therapy Stations ^{at trails} proposed.
We need quiet forest areas with wilderness close
to Crested Butte and other towns.

Forest Therapy or Forest Bathing (shinrin-yoku)
is a preventative medicine in Japan and it
means to bath in the medicine of the
forest. ~~Western~~ Eastern and Western medicine
recognize the reduction in cortisol levels,
lower blood sugar levels, reduction in blood
pressure, reduction in stress, increase in
cancer fighting cells, increase in vigor, anti aging
PTSD, ADHD, Increase sense of well being in
Forest Bathing. Quiet use forest and nature
areas close and easy to commute to are
needed. This is also learning respect of the
forest in forest bathing, using all 5 senses
to calm and medicate you in nature.

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