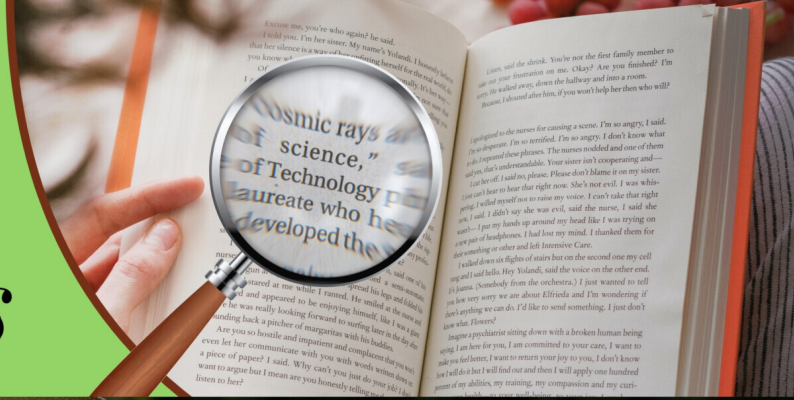


# *BaronE Health Reviews*



## ***Ecotherapy, the new solution?***

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*Holistic Natural Health Experts*

# About us

## Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

## How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

## What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

## Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

# Ecotherapy, the new solution?

## **Original article**

<https://www.theguardian.com/lifeandstyle/shortcuts/2019/aug/26/ecotherapy-plants-treatment-depression-anxiety>

*Ecotherapy: why plants are the latest treatment for depression and anxiety*

The title of this article makes an excellent point from the outset: plants, which we extend to include nature, are a treatment for depression and anxiety.

However, it makes no sense to present it as the latest treatment, since living in and with nature is the primary treatment and, better still, the first prevention!

We can clearly say that living in connection with nature is essential for preserving physical, mental and emotional health.

*The combination of physical activity, social contact and being surrounded by nature is thought to make gardening beneficial for our mental health.*

The key to effective treatment for depression and anxiety is the synergy of the following points:

- A healthy diet
- Exercise
- Rest
- Nurturing relationships
- Access to natural medicines

Here, the article presents the beginnings of a synergy between physical activity and social contact surrounded by nature.

The question is: why don't we have easy access to this vital basic?

Well, because the major idea of the post-war era was to denature and urbanize our environment on a massive scale. Land reparation, the destruction of animal and plant biodiversity, and soil poisoning served industrial agriculture by destroying natural spaces, forests, wild meadows, hillsides and waterways.

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This natural environment in which human could :

- Recharge, soothe, reflect and nourish his senses to the sound of birdsong, insects, wind, rustling leaves, waves or streams;
- Smell the fragrance of flowers, grass, earth and dew;
- See colors that are magnificently true to life, in their gradations of green, blue, yellow, red and violet;
- Admire magical flowers in their form, their fragility, their impermanence;
- Touching velvety leaves, buds, countless varieties of herbs and all those different tactile sensations;
- To feel your skin breathe, to feel hot, cold, wet, dry;
- Contemplating the sky with its infinite variations of light and clouds;
- Consider the horizon, open your mind, relax and be positive.

Today, there's no horizon to look at in the city, and sometimes not even a sky, as high-rise buildings and skyscrapers follow one another.

The benefits that nature used to bring us daily, free of charge, are replaced by grey concrete, pollution, noise and the loss of meaning that goes with this denatured life.

*Many gardeners already know the uplifting feeling you get from being muddied of hand, nurturing plants from seed to bloom and watching the seasons change. It is something the NHS is increasingly taking notice of, too, as a way to improve and manage mental health, along with other conditions.*

It's not only gardening that brings this sense of calm, but also any contact with true nature.

It reconciles us with life, removes our doubts about the meaning of our existence, fills our hearts with strong, healthy emotions, strengthens our psyche as our whole being becomes anchored to mother earth, the nourishing earth.

False problems disappear, or at least are put into perspective.

Distanced from living nature, urban life ends up unbalancing human beings both psychologically and physically.

Politicians, the great servants of multinationals and the enrichment of a few, have replaced the wilderness that nourishes man's body, senses and spirit with artificial stimuli that excite and exhaust the nervous system.

City folk are subjected to ever more noise, polluting transport, mind-numbing technology and aggressive advertising. Housing is in reality a ridiculously small, sometimes insalubrious box, where promiscuity and solitude mingle. Only the upper classes can afford beautiful villas with gardens and swimming pools.

The result is daily suffering, a loss of authenticity, a loss of meaning in life, a loss of satisfaction that causes psychological and emotional problems to explode.

# Ecotherapy, the new solution?

Unemployment, disability or personal tragedy can cause you to lose your means of subsistence overnight, since you have no independence, not even in terms of food.

With no money and no job, you find yourself on the streets. As a logical consequence, the consumption of alcohol and other drugs and psychotropic substances becomes the crutch of this suffering population.

Human relationships have become like work relationships, opportunistic and disposable after use. Highly unstable relationships are a source of anxiety and fear. Life no longer has any meaning, and the accumulation of material goods is no substitute for the true nature we've traded in for a life of futility.

Since prevention is better than cure, keeping in close touch with nature should be an essential policy of any caring society. We can always dream... so, in practical terms, and always with prevention in mind, the choice lies with the individual and his or her ability not to let themselves be trapped in an unhealthy, fragile life.

Today, a majority of young people are depressed, discouraged or anxious. This is a sad and serious fact, because it doesn't happen by chance. The school, social and family environment is all too often toxic and unbalanced. There's always more unnecessary pressure and competition.

Too many young people have the unpleasant impression of living in a world governed by a game of musical chairs, where it's their turn to sit on the sidelines. They see a dark future or no future at all. They find life meaningless. Adults have created a bleak world for them.

The benefits achieved through ecotherapy show us every day that we're not going in the right direction, so why would the NHS wait until people are ill to develop these tiny accesses to nature? And why don't policies change fundamentally? We would say that we understand only too well that preventing illness is not a priority interest.

In some countries, educational farms are being developed where "difficult" or disadvantaged children can reconnect with real life, and where renewed contact with the land and animals yields unexpected results.

But gardening in the midst of pesticides is not an option compatible with the concept of ecotherapy. Talking about the pollution of natural environments (however small they may be) and of our food should be a priority for health institutions. We can't avoid what we don't know about.

*A GP surgery – Cornbrook medical practice in Hulme, Manchester – has started prescribing gardening to people with anxiety and depression. Patients are given plants to care for, which are later planted in the surgery's communal garden – a place where they can join in an activity with others and strengthen social connections.*

This news reveals that after all these decades of ferocious urbanization, doctors are now prescribing gardening to treat depression and anxiety.

# Ecotherapy, the new solution?

But be warned, here the solution is timid, measured, almost ridiculous. There's no real return to nature, just a little plant to tend, not even a large collective garden where patients could go every day to work, meet animals, humans, picnic, exchange, read or rest, no, just the possibility of planting one's own plant in the garden of the doctor's office.

Making people responsible for the care of a living being makes them happier, and that's why so many people own pets. But, for animals and humans alike, apartments are not the right places to garden or live. This leads to stress and frustration for both, because :

- Sharing your life with animals requires space, and cities have become expensive and housing small;
- Maintaining pets has a cost that many people can no longer afford, so the most needy give up on having a pet.

In the end, it's the same people with little income and a poor social life who end up with a plant in their hand on a doctor's prescription.

*There are other similar schemes, such as Sydenham Garden in south London, which takes GP referrals for its therapeutic sessions. "Research shows that outdoor exercise or 'ecotherapy', such as gardening or walking, has huge benefits for wellbeing and can even be as effective as antidepressants in treating mild to moderate depression and anxiety," says Aimee Gee from the mental health charity Mind. "This is thought to be due to a combination of doing more physical activity, which is known to have many physical and mental health benefits; getting more regular social contact with people, which can reduce loneliness and boost self-esteem; and being surrounded by nature, which can boost your overall mood and sense of wellbeing."*

*The colours, sounds and smells of a garden, she says, "boost our wellbeing, while nurturing a garden or allotment provides the satisfaction of completing tasks and a stronger connection with the natural environment, both of which are associated with improved self-esteem and decreased levels of anger".*

Today, we have to prove through research what is good for humans, because simple common sense is not enough.

And yet, for thousands of years, all natural medicines have known the extent to which the environment in which humans live influences them for good or ill. Our societies have erected the most unjust, harsh, destructive and unnatural "laws of the jungle", so it's hardly surprising that so many people suffer the consequences.

An accident, divorce, redundancy, bereavement, assault, harassment, bankruptcy, the loss of one's home, or any number of other disasters, large or small, especially if they accumulate, can leave the individual without bearings, without resources, exhausted by a life that no longer has any meaning. Anxiety and depression are therefore the most common psychological illnesses in our society.

# Ecotherapy, the new solution?

[Sydenham Garden](#), an example of ecotherapy, offers a range of outdoor and artistic activities as a response to this suffering, such as:

- a community garden where horticulture is used for therapy and rehabilitation ;
- opportunities for vocational training and education;
- opportunities for artistic and creative expression;
- protection and preservation of the environment in the public interest through nature conservation or the promotion of biological diversity.

*Monty Don, the gardener and TV presenter, has credited gardening with helping with the depression he has experienced. In a column for Gardeners' World earlier this year, he summed up the optimism gardening instils: "When you plant something, you invest in a beautiful future amid a stressful, chaotic and, at times, downright appalling world."*

As we have briefly described, the world created by humans is not exactly a happy one. Shouldn't our societies undergo a profound transformation? In the meantime, people who get closer to nature feel its beneficial effect, and this is undeniable.

However, merely repairing the damage is not a comprehensive or preventive approach. Pointing out that this world is stressful and chaotic is of little use if there is no commitment to transforming it. That's the real meaning of ecotherapy: that it's no longer necessary, because everyone could recharge their batteries and access nature.

*Even if that doesn't convince you of the magic of gardening, there is a strong possibility that other forms of non-clinical "social prescribing" might be on their way to your surgery soon; other alternative treatments include arts and crafts, walking and singing lessons.*

The position of "official" medicine is to avoid tackling the causes and apply plasters on a wooden leg. After the euphoria of solving all ills with pills that have serious side-effects, it is now faced with an embarrassing failure.

Reluctantly, she turns to social prescriptions, which most doctors regard as placebos.

# *Ecotherapy, the new solution?*

But nature heals, and there's no magic involved. Otherwise, health problems that improve when humans are placed in the conditions appropriate to their nature should be considered magic.

The Sydenham Garden experience shows that you can reduce type 2 diabetes through physical activity, gardening and socializing.

But why stop there?

If you don't change your diet and lifestyle in general, and if you don't treat your body, the results will remain limited.

This article, which is just a brief incursion into ecotherapy, shows us the improvements that can be achieved without the use of remedies. Just imagine the benefits that natural medicines could bring!

From our point of view, they should be available to everyone, because the unsuspected virtues of a reconnection to nature, however small, do not solve the fundamental problem. Changing the individual's environment, but also healing him from within, would be of enormous benefit to himself and to society.

But let's return to ecotherapy and ask ourselves the following question: can we be happy to prescribe gardening and still destroy true nature?

The inevitable answer is no. Which also leads us to consider that all forms of medicine should be concerned with protecting nature and biodiversity, for our very survival depends on it.

# Join Our Experts

## Learn optimal eating and holistic lifestyles to live your full potential!

Holistic Natural Health Experts are your guide to experiencing peak health. Learn with our experts how to create your most thriving and regenerative life.

Your health is the most important asset you have. Learn how to live in optimal health, and overcome challenges with personalized holistic solutions.

Whether you prefer to learn through one-on-one coaching, webinars, ebooks, or articles, our virtual clinic is available anytime, anywhere, offering you a comprehensive platform to support your growth.



### You may benefit from our support in a range of situations including:

- Identifying optional medical procedures and evaluating the pros and cons of each
- Understanding medical test results and reports
- Find natural products to replace pharmaceuticals and chemical treatments when possible
- Ideas for staying healthy and protected while traveling and on vacation
- Strategies for improving your health at work
- Deepened understanding of how your life choices impact your health
- Clarifying health goals that are meaningful and achievable
- Developing a vision of your optimal health and thriving for longevity
- Any other personal requests or concerns on any health related issue



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