

APA Format of Research Articles for Forest Therapy Presentation

- Franco, L.S. , Shanahan, D.F., & Fuller, R. A. (2017). A review of the benefits of nature experiences: more than meets the eye. *International Journal of Environmental Research and Public Health*, 14(8), 864. doi:#10.3390/ijerph1408864
- Park, B.J., Tsunetsugu, Y., Kasetani, T., Kagawa T., & Miyazaki, Y. (2010). The physiological effects of Shinrin-yoku (taking in the forest atmosphere or forest bathing): evidence from field experiments in 24 forests across Japan. *Environmental Health and Preventive Medicine*, 15, 18-26. doi:#10.1007/s12199-009-0086-9
- Kuo, M., (2015). How might contact with nature promote human health? Promising mechanisms and a possible central pathway. *Frontiers in Psychology*, 6, 1093. doi:#10.3389/fpsyg.2015.01093
- Song, C., Harumi, I. Park, B.J., Lee, J., Kagawa, T. & Miyazaki, Y. (2018). Psychological benefits of walking through forest areas. *International Journal of Environmental Research and Public Health*, 15(12), 2804. doi:#10.3390/ijerph15122804
- Li, Q., et al., (2007). Forest bathing enhances human natural killer activity and expression of anti-cancer Proteins. *International Journal of Immunopathology and Pharmacology*, 20(S2), 3-8.
- Li, Q., et al., (2006). Phytoncides (wood essential oils) induce human natural killer cell activity. *Immunopharmacology and Immunotoxicology*, 28(4), 319-333. doi:#10.1080/08923970600809439
- Ohtsuka, Y., Yahunaka N., & Takayama S., (1998). Shinrin-yoko (forest-air bathing and walking) effectively decreases blood glucose levels in diabetic patients. *International Journal of Biometeorology*, 41(3), 125-127.