

# From Rittners Floral School, Boston, MA.

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## The Benefits of Nature

As our societies have become increasingly urbanized and complex there has been a disconnect with nature.

Richard Louv coined the term “nature deficit disorder” and has provided ample documentation to the benefits of strong nature connections that range from promoting health and wellness to reducing depression and boosting mental acuity.

What makes this work interesting to me is that it seems to parallel and complement many of the findings about the positive impact of florals on our lives.

The result of Louv’s effort has resulted in a entire movement to more closely integrate our lives with nature. Considering the possible positive benefits (and the high cost of health care) it seems a very smart and also pleasant thing to do.

If experiences with nature are good for you, then flowers are certainly part of nature that we can bring into our homes and work spaces.

Flowers are good for you. Taking a floral art course/class at Rittners Floral School becomes more than simply learning an art/craft. It becomes a part of a healthy lifestyle. Here are a few

Louv, Richard, **Last Child in The Woods: Saving Our Children From Nature-Deficit Disorder**, Algonquin, 2005.

Louv, Richard, **The Nature Principle**, Algonquin, 2011.

Louv, Richard, **Vitamin N: The Essential Guide To a Nature-Rich Life**, Algonquin, 2016.

Louv, Richard, **10 Reasons Children, Adults & Communities Need Vitamin N**, 2016.

<http://www.childrenandnature.org/2016/07/06/10-reasons-children-adults-and-communities-need-vitamin-n/>



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The Children And Nature Network, <http://www.childrenandnature.org/>

Very useful gathering spot for anyone interested in the positive impact of nature, not only on kids but on people in general. In fact I consider this ground zero for anyone interested in the positive benefits of nature. Also has a very neat section with links to research studies.

Relf, Diane, (Ed), **The Role of Horticulture In Human Well-Being and Social Development**, Timber, 1992. Older text but a prized part of my collection.

Scholarly References to People Plant Interactions Online,

[https://scholar.google.com/scholar?q=people+plant+interaction&hl=en&as\\_sdt=0&as\\_vis=1&oi=scholar&sa=X&ved=0ahUKEwjPstPX7ozOAhWE4SYKHU5uB90QgQMIHDAA](https://scholar.google.com/scholar?q=people+plant+interaction&hl=en&as_sdt=0&as_vis=1&oi=scholar&sa=X&ved=0ahUKEwjPstPX7ozOAhWE4SYKHU5uB90QgQMIHDAA)

<https://www.americainbloom.org/resources/benefits-of-plants/>

Flowering Plants Speed Post-Surgery Recovery

[http://www.eurekalert.org/pub\\_releases/2008-12/asfh-fps122608.php](http://www.eurekalert.org/pub_releases/2008-12/asfh-fps122608.php)

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