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NATURE, MIND, AND MEDICINE: A MODEL  
FOR MIND-BODY HEALING  
NATURE, MIND,  
AND MEDICINE

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PII: S1550-8307(17)30319-1

DOI: <https://doi.org/10.1016/j.explore.2018.01.001>

Reference: JSCH2284

To appear in: *Explore: The Journal of Science and Healing*

Cite this article as: Jason A. Kaufman, NATURE, MIND, AND MEDICINE:  
A MODEL FOR MIND-BODY HEALING  
NATURE, MIND, AND  
MEDICINE, *Explore: The Journal of Science and  
Healing*, doi:10.1016/j.explore.2018.01.001

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## **Nature, Mind, and Medicine: A Model for Mind-Body Healing**

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### **Abstract**

The human mind-body possesses a remarkable innate ability to heal. Grounded in the evolutionarily conserved systems of the brain and body, nature appears to function as the fundamental source of wellness along the two vectors of attention and relaxation. Yet, our species is moving away from nature at a time when humanity is just beginning to rediscover its benefits. Exposure to natural environments may provide a “window” of healing that can be extended through a continuum of intervention through the use of guided meditation and ultimately hypnotic suggestion. The result may be an improved ability to promote greater executive functioning and more robust immune regulation. The time has come for a more holistic medicine guided by the hand of nature.

## **Nature, Mind, and Medicine: A Model for Mind-Body Medicine**

The recognition that nature can act as treatment has existed among our species for millennia (Frumkin, 2013), perhaps since its nascence more than 6,000 generations ago. Indeed, the human mind-body possesses an innate ability to promote health and healing. This ability is grounded in the evolutionarily conserved systems of the brain and body and was forged on the phylogenetic landscape of our earliest ancestors. By this logic, nature is the fundamental source

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