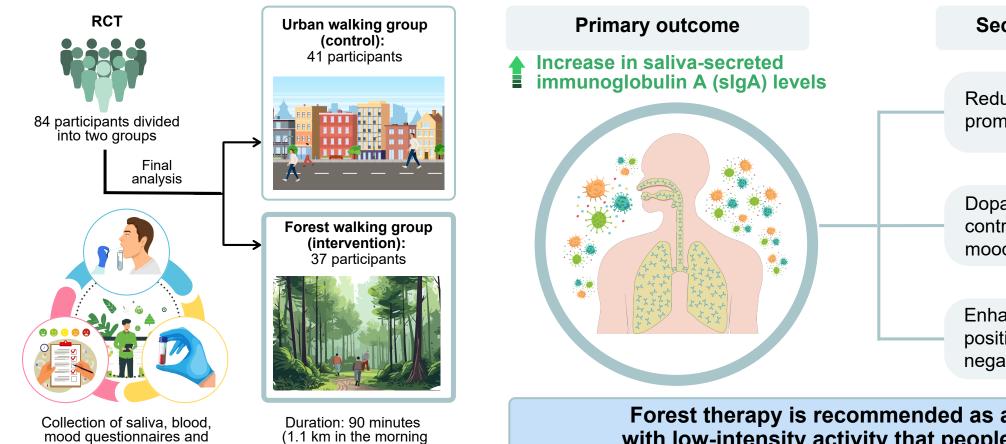
Forest Walking Boosts Mucosal Immunity — Scientific Evidence from Randomized Controlled Trial —



+ 1.1 km in the afternoon)

environmental data

Secondary outcome

Reduces cortisol levels. promoting stress relief



Dopamine increases, contributing to a happier mood and well-being



Enhances vitality and positivity, reducing negative emotions



Forest therapy is recommended as a health practice with low-intensity activity that people can safely enjoy