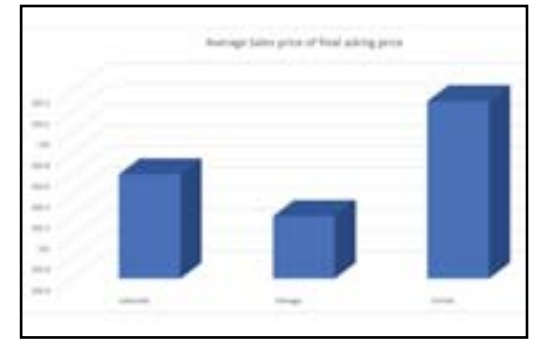


Lamorinda

OUR HOMES

Lamorinda Weekly Volume 13 Issue 10 Wednesday, July 10, 2019



The Real Estate Quarter in Review ...

read on Page D4

Digging Deep with Goddess Gardener, Cynthia Brian

Parks not pills



Colorful succulent flowers

Photo Cynthia Brian

By Cynthia Brian

“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul!”—John Muir

How often are you outdoors? Are you

spending most of your time sitting in a chair staring at your computer screen? Do you feel lethargic, tired and anxious?

You are not alone and help could be right outside your door. In today’s technological world, many people, including children, are increasingly living their lives indoors. Ac-

ording to the Centers for Disease Control and Prevention, 20% of children (one in five) and 30% of adults (one in three) in the United States are obese.

Back in 2005 when I was doing my weekly radio broadcast, StarStyle®-Be the Star You Are!® (www.StarStyleRadio.com) on World Talk Radio out of studios in San Diego, I invited author Richard Louv to be a guest on my program with his newest hardbound book at the time, “Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder.” Before the program, we sat in the sound booth lamenting the startling facts that the average child of the day could identify TV personalities yet knew nothing about bugs, flowers, trees, or nature in general. Kids were not outside playing as we did as children because they wanted to be plugged in and tuned out. His book and the interview have remained lodged in my psyche as a warning that we don’t want our child to be the last to witness the woods.

Fast forward to 2019 and although nature-deficit disorder is not an official medical disease, children and adults are more alienated from nature than ever before with increased attention difficulties, higher stress levels, poorer body image, obesity issues, and a plethora of physical and emotional illnesses. Pills have been prescribed yet people are sicker.

Could spending more time in nature be the answer to our woes?

Physicians throughout the ages have encouraged people to go outside more. Hippocrates wrote that walking was “man’s best medicine.”

... continued on Page D8