



*photo by Ryan Neely*

## Lake Cabin Rules: Relax, relax, relax.

Why does it feel so good to come up north to the lakes and forests? Is it that the smell of fresh pine-scented air encourages us to breathe deeper? Is it that splashing around in the lake makes us feel young and engaged? Do campfires allow us an opportunity to share laughs and stories and food to help us feel connected with each other? Science is finally catching up to prove what we've always instinctually felt about why a simple family vacation resort on a little lake in the woods feels so dang helpful to our well being:

- Just looking at a natural scene activates parts of the brain associated with balance and happiness, according to a recent study of MRI scans in South Korea's Chonnam University.
- Norwegian researchers discovered that subjects with moderate-severe depression who participated in outdoor horticultural programs experience reduced symptoms.
- Researchers at Tokyo's Nippon Medical School have quantifiable evidence that walking in the woods does wonderful things for the body. In one study, women who spent two to four hours in the woods on two consecutive days experienced a nearly 50 percent increase in the activity of cancer-fighting white blood cells.

*(Your Brain on Nature, Eva Selhub, MD and naturopath Alan Logan)*

Crow Wing Crest Lodge will be here waiting to welcome you back to a state of relaxation when you are ready. Enjoy a wonderful 2014.

----- *Kim & Big John . . . (brother Kris, and now Emily & Ryan)*