

June 2021 Vitalit-E-News References

Nature's Remedy Just Beyond Your Front Door

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Children and Nature Network: https://research.childrenandnature.org/research-library/

National Environmental Education Foundation: https://www.neefusa.org

Project Nature Connect http://www.ecopsych.com/overview.html

Natural Attraction Ecology video: http://www.youtube.com/watch?v=ddRigePS2MY

Free Course in Natural Attraction Ecology http://www.ecopsych

Ecological Psychology Explained: https://www.viridis.edu/What-Is-Ecopsychology

Benefits of Forest Bathing: https://www.npr.org/sections/health-shots/2017/07/17/536676954/forest-bathing-a-retreat-to-nature-can-boost-immunity-and-mood

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Apricot-Date No Bake Trail Bars

Recipe Adapted from: https://cupcakesandkalechips.com/apricot-chia-energy-bars/

Minimize Outdoor Allergy Symptoms with Stinging Nettle

Recipe Source: Medicine Talk Staff

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Selecting a Quality Multivitamin or Mineral Supplement for Kids

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