# **Special Issue**

# Evidence-Based Nature for Human Health

# Message from the Guest Editors

Health is a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity. For modern people, it is not easy to stay healthy because of many reasons such as stress, environmental pollution, urbanization, Complementary and alternative medicine is the term for medical products and practices that are not part of the standard medical care. Especially, nature-based complementary and alternative medicine is necessary for maintaining homeostasis, which is the ability or tendency of an organism to maintain internal stability, compensating for environmental changes. Also, nature-based complementary and alternative medicine improves or recovers health. Nature-based complementary and alternative medicine includes horticultural therapy. forest therapy, care farming, natural products with therapeutic effects, etc. This Special Issue seeks papers about the health benefits of nature-based complementary and alternative medicine established by using scientific research methodology and evaluation. Prof. ChoongHwan Lee

## **Guest Editors**

Prof. Dr. Sin-Ae Park

Prof. Dr. Choong Hwan Lee

Dr. Chorong Song

## Deadline for manuscript submissions

closed (31 October 2020)



# International Journal of Environmental Research and Public Health

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# Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

*IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

# Editor-in-Chief

Prof. Dr. Paul R. Ward

Centre for Public Health, Equity and Human Flourishing, Torrens University Australia, Adelaide 5000, Australia

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