

Dear Reader,

I compiled this research for the benefit of my profession and have presented it to physical therapists and the community. I submitted this article to a professional journal and for consideration in a professional magazine. Significant edits were required in terms of word and reference count, that by the end of that effort, only a skeleton of my original paper would be left, along with lost time and (unpaid) labor, structuring the material precisely for specific journal requirements.

Further, when publishing in a professional journal, the information then becomes removed from direct public access. Often the public has to pay for a membership to access professional journals (these can be several hundred dollars a year), pay for the specific article (\$30-60+ per article depending on the journal), or the authors themselves have to pay several thousand dollars (\$3k at one journal) to make their article open access. I prefer to make the information accessible directly to those who can use it, while limiting the cost to all involved. The paper lacks peer-review and the “prestige” of professional journal publication, but it has valuable and referenced information that healthcare professionals (and others) can use when considering and implementing nature therapy in their professional practice.

In wellness and wildness,

Allison

(Dr. Allison Mitch, PT (DPT))