

BIOPHILIA

Nature in Herbal Practice

The Herbal Treatment



HERBAL TEA •

Adding tea to a prescription is common practice with 96% answering affirmatively. Only 4% rarely or never give a herbal tea.



HERBS IN THE PRESCRIPTION •

94% of respondents answered the question and the majority (67%) tell their patients the herbs in their prescription all of the time.



FORAGED HERBS IN THE DIET •

94% of respondents answered the question and the majority (56%) ask their patients to incorporate foraged herbs into their diet some of the time; 2% do so all of the time and 27% combined rarely or never.



GREEN PRESCRIBING •

84% of respondents encouraged nature-based activities as part of the treatment plan; walking or hiking (92%), gardening (75%) and foraging (52%) as the top three.

10% did not, of which 4% hadn't considered it.

6% stated their patients were already doing them; too busy; or needed to do less.



... AND LIMITATIONS TO IT •

36% of respondents did not experience limitations in engaging patients in nature-based activities, however 64% did.

Time is the main constraint (81%) followed by lack of interest (61%), access to nature (44%) and disability/mobility (43%).

20% identify patient apprehension of spending time in nature and 2% of respondents see their own lack of confidence as a limitation.