

Natural Deficiencies

By Ransom Mack

45% of the U.S. population had a prevalence of inadequacy for vitamin A, 46% for vitamin C, 95% for vitamin D, 84% for vitamin E, and 15% for zinc. I am one of the many Americans with a deficiency, and chances are you are too.

Why do we see more nature deficiencies now a days

There seemed to be a decrease of nature connection after the baby boomer generation, and there has been a decrease of interaction with nature that just seems to get worse with the newer generations. There are many reasons that this is happening such as...

Technology

This is probably the number one reason we see a decrease in nature related activities everyone has this new way of spending free time whether that is spending time on a social media platform or playing a game on there device there is a always going to be a good amount of time the typical american spends

on their device The average American spends 4.5 hours per day on phone, and this is taking away time from being outside it doesn't help that phones were not really made to be looked in the sunlight. We can see that kids are being exposed to technology at younger and younger ages giving them a natural feeling around screens. Chances are if you ask a kid if they would rather go to a park for an hour or play a video game for an hour they will pick the video game.

Work/school

I know that we can't just stop going to school or work, and that they have more benefits than harm but I have noticed that schools have been going more online as time goes on. I hear my parents say we didn't have screens like you did to store all your class work. We had books to study from for every class. There has been an increase in online school weather that is from doing homework online to the whole entire class being done from a computer screen. I have had an online class before that was purely just because it would mean I can do it whenever I want, but the benefits of an online class/work outweigh the negatives? This can all just lead back to the technology problem. I have noticed something as a student from going from elementary school all the way to high school my connections with nature has decreased, and I think one of the main reasons is

that in elementary school they gave you recess and that was a great time to grab a ball and play soccer or climb around on the jungle gym. The most outdoor exposure I get nowadays is standing in the middle of a tennis court with maybe a tree or 2 in vision. It is not just the increase of online work that kills connection with nature, it's also the decrease in jobs that deal with nature such as jobs like zoology, giving way to more theoretical and remunerative microbiology and genetic engineering. Rapidly advancing technologies of jobs are blurring the lines between humans, other animals, and machines.

The social norms

When my parents were kids you were weird if you spent all your time inside but nowadays it is the exact opposite. Most people spend all their time inside which causes an exponential effect of other people not going out. When other people don't go outside it causes other people to not go outside because they have no one to talk to or play with. Also the popularity of online platforms has caused people to spend more time on their devices rather than outside which wraps back to the technology problem. Another reason people have been going outside less is because the newer generations are sometimes called the busy generation

where they wrap themselves in things like school to such an extent that they have no time to go outside.

The Solution

The solution is relatively simple but it might not always feel that way. We just have to take a few minutes out of our day and just go outside and take a 10 minute walk. Nowadays people nowadays say “when can I add that to my schedule?” or, “Why should I take my time to do this?”, and my answer to those questions is; find time out of all the 24 hours in the day. You can make time, and in the long run it is worth it, here is why;

The Benefits

The main part of my project is what being outside does for you. There is many many benefit almost every aspect of your health can be fixed by being outdoors

The effect of sunlight on the body- Sunlight has the number two healthiest environmental effect on the body relating to most of everything in your health. Here is what I know it does for you: The light and dark cycle affect sleep, feeding, and general behavior. Going outside and taking a walk in the morning helps regulate your body's Light and Dark cycle. The outdoors also helps set your sleep cycle. Cells in your eyes need enough light to get your body's internal clock working right. Early morning sunlight in particular seems to help people get to sleep at night. Going outside early in the morning gives exposure to sunlight that affects melatonin, a hormone that helps regulate sleep. Which leads to the next category.

The effect of Melatonin- Melatonin has the number 3 healthiest environmental effect on the body. Melatonin is what helps you fall asleep, stay asleep, and not feel tired in the morning. The regulation and metabolism of several hormones are influenced by interactions between the effects of sleep and the intrinsic circadian system. (the intrinsic circadian system: The amount by which the human circadian pacemaker must be reset each day to maintain entrainment depends on the intrinsic circadian period of the individual, which in healthy sighted humans is on average near 24.0 h.). growth hormone, cortisol, leptin, and ghrelin levels are highly correlated with sleep. Growth hormone levels are increased during sleep and peak immediately subsequent to sleep onset.

The effect of Greenspace- Greenspace has the fourth healthiest environmental effect on the body. Greenspace is just the overall being outside in a green space. Being in a greenspace reported an Incidence of stroke, hypertension, dyslipidemia, asthma, and coronary heart disease were reduced due to increase of overall health benefits of being outside. Going outside has shown to have an increased incidence of good self-reported health by around one out of every 5 people. Another benefit of being in a Greenspace is better cardiovascular mortality. Every green environment improved both self-esteem and mood; the presence of water generated greater effects. Both men and women had similar improvements in self-esteem after green exercise, though men showed a difference for mood. Green exercise is activity in the presence of nature. Evidence shows it leads to positive short and long-term health outcomes.

The effect of Air Quality- Air Quality has the fourth healthiest environmental effect on the body. Relating to the health of your lungs and overall your brain that requires the oxygen that your lungs produce. Several reports by the U.S. The Environmental Protection Agency (EPA) has demonstrated that indoor air pollution levels in homes, workplaces, and school classrooms are typically 2-5

times higher than outdoor pollution levels and can quickly become 100 times worse than outdoor air pollution. The effects of air pollution include stroke, ischaemic heart disease, chronic obstructive pulmonary disease, lung cancer, pneumonia, and cataract (household air pollution only). The benefits from being outside doesn't only affect the skin but also the lungs and brain.

Sources

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