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Acupuncture in Scandinavia- The impact of nature and acupuncture on mental and physical health

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How come the Scandinavians are among the happiest people in the world? The World Happiness Report 2018, by the United Nations, ranks 156 countries by their happiness levels. The report measures six factors; GDP, life expectancy, social support, generosity, freedom, corruption. (The World Happiness Report from the UN, yearly since 2012, is edited by John F Helliwell, Richard Layard and Jeffrey Sachs). What impact does nature have on the health of the citizens in this part of the world? The Scandinavians spend much time in nature and the easy access to nature areas have a positive influence on their physical and mental health. (Population: Sweden: 10 million inhabitants, Area: 450.000 km², Population density: 24,2 persons/km². Norway: 5,4 million inhabitants, Area: 324.000 km², Population density: 16,5 persons/km². Denmark: 5,7 million inhabitants, Area: 43.000 km², Population density: 131 persons/km²). Can nature cure human ailments? Recent research in Scotland has clearly shown the rapid recovery of health for patients who get prescriptions from their MDs to spend time in nature regularly as part of their overall treatment strategy. After a successful pilot in the Shetland Islands, findings are improvement of the patient's blood pressure, reduction of risk of heart disease and stroke plus the fact that it is giving the patient happiness and a boost of the mental health. Doctors in Scotland's Shetland Islands are literally prescribing nature to their patients. This pilot project was jointly run by NHS Shetland and RSPB Scotland. Prescriptions like these are likewise getting common from MDs in Scandinavia. In what way does acupuncture have an influence on the well-being and happiness of the citizens in Scandinavia? Examples will be given from my own experiences during the last ten years in my clinic.

Biography

Lollo Modig at the age of 27 completed her Bachelor of English, Spanish and German from the University of Gothenburg, Sweden for teaching high school students. She has completed medicine studies for three years at the University of Uppsala and acupuncture studies for three years at Akupunkturakademien in Stockholm, Sweden. Her education as an Acupuncturist with a Diploma was completed in 2008. She performed her practical acupuncture training at The National Hospital of Acupuncture in Hanoi, Vietnam with MD Dong Tran Phuong and Medicine Professor Nguyen Tai Thu. Today she runs her own acupuncture clinic in Stockholm, Sweden.

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