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Dr. Paul Auerbach -  
wilderness medicine  
pioneer and arguably  
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He is the Editor of  
Wilderness Medicine,

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and author of *Medicine for the Outdoors* and *Essential Guide to First Aid And Wilderness Medicine*. Dr. Auerbach holds his MD from Duke and completed his internship at Dartmouth and residency at UCLA. He is certified by the American Board of Emergency Medicine.

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and an increased focus on new topics mean this medical reference book may literally save your life.

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audience: All health  
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Outdoors as Medicine:  
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youngest among us recognize the health benefits of nature: 80 percent of kids ages 8 to 12 believe contact with nature makes them more creative, happy, healthy, and smart. When Itzamary and Noe Caban attended their first Outdoors Rx event three years ago in Chelsea, Mass., they assumed the AMC program's primary beneficiary would be

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their young daughter,  
Khalani.

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emergencies, it tells you the best ways to respond to just about any medical problem when help is miles or days away.

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app that provides the  
critical information you  
need when confronted  
by an emergency.

Widely considered one  
of the foremost  
authorities on outdoor  
medicine, author Paul

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and practical solutions  
for medical problems  
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S. Auerbach, MD, offers  
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practical approaches, it  
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We are extremely proud that Andre Kuipers is ambassador of Outdoor Medicine.

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Besides being a two time astronaut, he is also the most famous Dutch physician to practice in 'extremes'. Therefore he is a great inspiration to us all!

## **Outdoor Medicine - Wildernis en expeditie geneeskunde**

Meditating outdoors activates our senses, making our practice more alert and

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wakeful. At the same time, the usual distractions seem far away and somehow less important. Many meditators find it easier to let go of their worries and their electronic devices when they've got such a satisfying alternative: mindfully communing with nature.

## **Meditating Outside: Benefits & Joys of Meditation in ...**

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The Lawtonka Trails in Medicine Park are perfect for an outdoor adventure. Our six trails provide a different level of difficulty, allowing you to pick the type of adventure you want. Located between Lake Lawtonka and Mount Scott, you'll find a great mix of landscapes, from boulders and creeks to cobblestones and rock gardens.



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## **Outdoors - Town of Medicine Park, OK**

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The medication was then handed off to the outdoor team in the “warm” zone tent (see the photo below). This task also allowed prescription medications to be readily dispensed at the drive-in ...

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