Recent activities in Finland
Local, short-term, non-systematic approach so far, e.g.


But, how to ensure access/exposure to green spaces/nature?
For all? For some? If the latter, for whom and at which stage of prevention (primary/secondary/tertiary)?

Defined daily (?) dose?
1. duration (how long)? 2. timing (when)? 3. frequency (how often)?

Current Care Guidelines and Best Practices by Finnish Medical Society
Not yet integrated into health (preventive/care) practice.
“You are that **when** what you eat”

Eating schedules, not the calories, make the difference.

Clock mutant mice have a greatly attenuated diurnal feeding rhythm, are hyperphagic and obese, and develop a metabolic syndrome of hyperleptinemia, hyperlipidemia, hepatic steatosis, hyperglycemia, and hypoinsulinemia. Clock mutant mice have a longer circadian period, but sleep less and have 25–51% smaller increases in REM sleep after sleep deprivation.
Intrinsic clocks generate and maintain rhythms
Master clock paces the clocks throughout the body.

3 key factors that give feedback to the master clock and need to be controlled for in analyses of the green-space effect:
1. **sleep**
2. physical activity
3. nutrition.  

If you disturb the master clock, then a similar outcome than that from the loss of microbiota, unhealthy diet, or sleep debt.

So, in addition to these interphases, there is the intrinsic clock which reacts to light intensity and tracks the light-dark transitions. Light pollution in the habitat and climate change will challenge it.

Master clock drives the brain, body & microbiota