Qing LI, MD, PhD
Clinical Professor
Department of Rehabilitation Medicine
Nippon Medical School
1-1-5, Sendagi, Bunkyo-ku, Tokyo 113-8603 Japan

Professor and Dr. Qing Li (MD, PhD) is the world’s foremost expert in forest medicine and immunology. A medical doctor and clinical professor at Nippon Medical School Hospital, Nippon Medical School. He also works at several hospitals in Japan as a senior physician and an advisor doctor. He has been a visiting fellow at the Stanford University School of Medicine. He is a founding member and president of the Japanese Society of Forest Medicine (http://forest-medicine.com), a leading member of the Task Force of Forests and Human Health of IUFRO, and the vice president and secretary general of the International Society of Nature and Forest Medicine (INFOM, http://infom.org), and one of the directors of the Forest Therapy Society in Japan (https://www.fo-society.jp). He is also the Managing Vice Chairperson of Forest Health Maintenance Research of the World Federation of Chinese Medicine Societies.

Some people study medicine. Some people study forest. Dr. Li studies forest medicine to find out all the ways in which walking in the forest can improve our well-being.
He started the forest medicine research (Shinrin-yoku/Forest bathing/Forest therapy) from 2004 and has published many articles in forest medicine in scientific journals. He established the new science, **Forest Medicine** and published **Forest Medicine** in 2012 in the USA (https://novapublishers.com/shop/forest-medicine/). This book has been translated into Chinese and Korea.

Forest Medicine in English in USA in 2012

Forest Medicine in Chinese in 2013

Forest Medicine in Korea in 2017

His new book: **Shinrin-Yoku** (The Art and Science of Forest Bathing – How Trees Can Help You Find Health and Happiness) was published by Penguin Random House UK on April 5, 2018. The book also was published in the USA under the title of **Forest Bathing** on April 17, 2018 by Viking Books (Penguin Random House USA). **Forest Bathing ranked in the bestseller list in the USA.**
The Japanese translation edition of SHINRIN-YOKU
(https://www.penguin.co.uk/books/308/308285/shinrin-yoku/9780241346952.html) has been published in
November, 2020 by Arttrav as follows:
https://www.hanmoto.com/bd/isbn/9784904402566
Papers in English


44. Li Q, Kobayashi M, Kawada T. Relationships between percentage of forest coverage and standardized mortality ratios (SMR) of cancers in all prefectures in Japan. The Open Public Health Journal 2008; 1, 1-7.


59. Kawada T, Otsuka T, Inagaki H, Wakayama Y, Katsumata M, Li Q, Li YJ, Otsuka T. Optimal cut-off levels of body mass index and waist circumference to predict each component of metabolic syndrome (MetS) and the number of MetS component. Diabetes Metab Syndr, 2011; 5: 25-28.


