

# Nature - Water - Sail Therapy

## NWST

A Brief Introduction  
01.December.2019

### What We Do:

- Nature experiences, particularly involving environments with trees, plants, birds and other animals, and water in many natural forms, including on-land and on-sea “edu-venture” (education adventure) experiences that range from a few hours to all-day to multi-day events.
- Educational and counseling programs pertaining to environment and eco-systems, nutrition and diet, water quality and care, physical and mental fitness and exercise, adventures in walking and hiking, in boating and sailing on streams, lakes and ocean, and in the personal uses of natural environments and experiences for health and wellness.

### Audiences We Serve:

Patients and families and care-givers where any of the following conditions, disorders and diseases are involved:

- Multiple Sclerosis
- Amyotrophic Lateral Sclerosis
- Alzheimer's and other Dementia
- Parkinson's
- Huntington's
- Traumatic Brain Injury
- Stroke
- Depression
- PTSD
- Substance Abuse
- Paraplegic and Quadraplegic Disabilities

NWST is valuable and therapeutic for all of these conditions and for the families of persons who have these conditions.

## How We Do This:

We work very closely with medical providers and care-givers, and we provide customized, tailored experiences that are entertaining, relaxing, educational, and therapeutic.

All of these Nature-Water-Sail events, including the outdoor and on-ship experiences, are arranged and conducted by persons who are knowledgeable and experienced. The accompanying guides and other staff have the training, professional qualities, and personal styles for creating positive and rewarding experiences for all participants.

We offer, through partner providers, a variety of diagnostic and therapeutic services. Some of these are provided directly through our center and our staff. Some involve other providers including physicians, psychologists and nurses, who have the appropriate facilities, instruments, and staff. We are communicators, educators, integrators, and in certain cases, direct providers.

The NWST experiences involve our Nature Park and also our own vessel and those of other partners.

There is something for everyone and for all seasons, ages, conditions, abilities.

Among biomedical technology services offered as a combination of (direct plus partner-provided)there is:

- NFT (neurofilament light) diagnosis, review, interpretation
- fMRI (functional MRI) diagnosis, review, interpretation
- TMS (transcranial magnetic stimulation)
- VNT (visual neurotherapy)
- AOA (anti-oxidant and oxidative stress analysis)
- Pharmaceutical review and interpretation

## Where We Do This:

On the EcoVita Estate and Nature Park in Michigan

Onboard the MIRNOVA, a three-masted tallship, 43m (134') long, based in Denmark.

Onboard select partner sailing ships, each a USCG certified and rated ship, based in New England (Maine).

## Contact Us:

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