



The Hidden Benefit Of Plants

With people spending more time indoors, houseplants provide us with a reminder of the kind of environment from which we evolved. In 1970 NASA scientists discovered that plants were able to purify the air and water. In fact they found that plants were so efficient at absorbing contaminants that they will be aboard orbiting space stations as part of a life support system.

Many authorities have conducted their own research programmes. Some of these findings demonstrate that plants:

REDUCE COLDS – Low humidity causes/aggravates cold symptoms. The comfortable humidity level is between 30 to 60%. When the level drops below 30% our mucous membranes dry out. This leads to a dry nose and throat, sore eyes and a reduced defence shield against bacteria. The findings from a number of experiments indicate that the use of indoor plants, particularly green plants with a light water requirement will naturally raise the humidity and result in corresponding decrease in the incidence of colds and minor ailments.

REDUCE TIREDNESS – The more carbon dioxide in the air, the more tired and listless we become. Through the process of transpiration plants absorb carbon dioxide from the air and emit water and oxygen

REDUCE SMELLS – Plants assist in removing toxins from the air. Likewise, other pollutants are absorbed by the plant's leaves and removed from the atmosphere.

REDUCE DUST – Dust serves as a medium for micro-organisms in the air leading to health problems. Indoor plants serve as a natural air filter and can reduce dust by as much as 20%.

REDUCE EYE FATIGUE – Plants reflect the yellow/green spectrum. The human eye identifies these colours as being pleasant and relaxing in office situations. Workers who use computers have noticed a significant improvement in their efficiency, concentration and general well-being with the introduction of plants.

REDUCE STRESS – Environmental psychological studies have shown direct links between environmental factors and stress. All studies indicate that nature is an important contributor to the reduction of stress and conversely urban environments contribute to psychological stress.

ABSORB NOISE – Plants absorb noise and dampen background sound.