Think Green, Live Green...
The Benefits of Plants

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What are the benefits of plants in our lives?
Besides the obvious ...
Do you ever wonder about the quality of the air inside your home or office?
Plants are nature’s air filter

- Improve indoor air quality
- Convert CO₂ (carbon dioxide) into O₂ (oxygen)
- Naturally reduce the ecological footprint
Added Benefits of Plants

• Other research has found that an increase in oxygen allows humans to be more:
  – Focused
  – Creative
  – Attentive
  – Happier
  – Healthier
Plants in a Business Setting:

- Increase productivity
- Increase occupancy and retention rates of leased space
- Lower absenteeism
- Hotel rooms with garden views - reserved quickly and command higher rates
How Do We Know Plants Filter the Air?

• NASA
  – 1984, Dr. Bill Wolverton, scientist and author of “How to Grow Fresh Air” confirmed houseplants purify the air
  – 2002, reconfirmed original study

• Dr. Mehmet Oz,
  – 2007, recommended the use of interior plants for their toxin filtering abilities
More Good News

• A 2007 study by the Center of Health Design found the use of plants
  – Reduce stress
  – Supports pain management
  – Promotes a sense of overall well-being
Other Benefits the study concluded:

• Workers in plant friendly environments missed fewer days, less stress related to the job & more job satisfaction
• Increased positive feelings, reduce stress, fear an anger
• Enhance problem solving skills for men & women
Study cont.

- Plants reduced volatile organic compounds (VOCs) sick building syndrome
- Reduced noise levels, decrease temperatures
Top Ten Plant Picks

- Lady Palm
- Areca Palm
- Ficus Alii
- Peace Lily
- Golden Pothos
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Top Ten cont.

- Arrowhead (syngonium)
- Bamboo Palm
- Dwarf Pigmy Date
- Rubber Plant
- English Ivy *
Top Ten cont.

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Ficus elastica
Top Ten cont.

- Arrowhead (syngonium)
- Bamboo Palm
- Dwarf Pigmy Date
- Rubber Plant
- English Ivy *
Other Top Picks include:

- Gerber Daisy
- Mums
- Chinese Evergreen
- Philodendron spp.
- Snake Plants
- Dracaena spp.
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Toxins from the following materials can be removed by plants:

- Detergents, Inks, Dyes
- Rubber & petroleum products
- Synthetic Fibers
- Tobacco Smoke
Other materials with toxins:

- Carpeting, cleaners, foam insulation
- Paper products & plywood, furniture
- Adhesives, paint, lacquer and varnishes
- Dry cleaning chemicals
How You Can Get Started

Purchase plants from the recommended list

• Most of the plants on the list live in medium to low light
• Need water only every 7-10 days and less
• One 8-inch diameter pot in an 8X10 room is all you need to make a difference
Maintenance is Important

- Proper care is important for the concept to work
- Who has allergy triggers
- Over-watering can lead to mold spores and cancel any benefits
- Under-watering or over-watering can kill the plant
Summary

• Live plants are imperative to the “green” initiative
• Plants filter the air and cool the earth
• They are a natural way to provide a relaxing and healthy setting
• Provide a big return for the amount of money spent
Thank You