

Plants for health!

Researchers and scientists over the world have proven how much plants increase our indoor environment.

Speeding recovery from illness

Hospital patients with plants in their room have less pain, anxiety, fatigue, take significantly less pain medication, have lower blood pressure and heart rates, and are happier with their recovery rooms than patients without plants.

Seong-Hyun Park and Richard H Mattson, researchers from the Department of Horticulture, Recreation and Forestry at Kansas State University

Even patients with just a view of greenery recover more quickly than patients who do not have such a view. The view of greenery produces a calming and relaxed feeling.

Plants works for your health

The effect of plants in the workplace has been the subject of repeated scientific investigation. Time after time the conclusion is the same: Plants work and they work for your health! One study looked at the effect of plants on the health of staff in the radiology department of a Norwegian hospital. Once plants were placed in the department and artificial daylight was introduced, the level of health complaints amongst those studied fell noticeably. This resulted in a permanent reduction in absence due to illness from 15% to 5% within 6 months. (Fjeldt)

Symptom Reduction in complaints (%)

Eye irritations -	15%
Dry throat -	31%
Fatigue -	32%
Cough -	38%
Headache -	45%



Time to act

It's time to implement this knowledge for a better work environment, better results and a better health!

Together with your professional Interior Landscaper you can soon get the benefits of plants and of course, your hospital and work place will look much nicer too.

Please download for more information:

www.healthygreenatwork.org

www.plants4life.org/index.php/background/

More studies

Here are some other of the subjects studied and the positive impact plants have:

Improve productivity

By as much as 12% (Lohr)

Concentration

Especially if you sit in front of a computer for more than 4 hours a day (Berg, Lohr)

Creativity

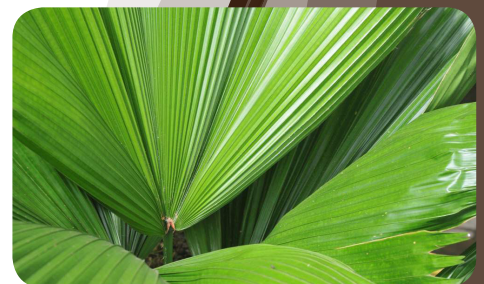
Contribute to increased creativity (Ulrich, Hesselink)

Noise

Absorb and deflect sound (Costa)

Energy controllers

Heat and cold regulators (Costa, Schempp)



Please send replies and questions to:
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