



## Health effects of indoor plants

- 90% of what we water plants with turns to humidity and increases oxygen levels
- Indoor plants increase work efficiency, joy and life satisfaction

Source: Hórt Science

- Green indoor plants increase concentration, reduce headaches and remedies dry mucous membranes. When the air is purified, it becomes easier to breathe and you feel more alert.

Source: Institute for Plant and Environmental Research Ås

Norway

- 15% more ideas, more creativity and more flexible solutions are achieved in rooms with houseplants.

Source: Texas A & M University

- Indoor plants can reduce carcinogenic formaldehydes (from plastics and building materials, among others) almost completely. As well as carbon monoxides and nitrogen oxides that reduce blood oxygen uptake.

Source: B. C. Wolverton St Louis USA

- Plants emit a chemical substance - phytocides - that can increase our immune system by up to 50%

Source: Lena Ekstrand GP



- The earth's characteristic scent comes mainly from actinobacteria containing an organism called mycobakterium vaccae. Instilling the earth's scents has been shown to provide several healthy healings such as;
  - Counteracting depression
  - Reduced stress levels with several weeks of action
  - Antibiotic effects

Source: *The Magazine Land* 20/2016'

- 10 minutes airing with open window (balcony door) reduces indoor pollution by 8%

Source: Centre for indoor climate and healthy living



- The color of the heart is actually green, as the sight of the green color, nature and plants causes the pulse to sink and protects the health of the heart



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