

Going Green With



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Go Green with Greenery: Benefits of Indoor Plants

When one thinks of air pollution often the first thing that comes to mind is factory smoke stacks or exhaust from a running vehicle. However, there are many other sources of air pollution and many of them exist within your home. Sources of indoor air pollution include mold, building materials, furnishings, household cleaning products, tobacco products, and combustion sources used for heating or cooking. According to the EPA the best solution to indoor air pollution is eliminating the source of the pollution and increasing ventilation so pollutants don't build up within the home. These options have the potential to become costly and some pollutants are nearly impossible to eliminate.

Although it has not been tested on a large-scale, a controlled study conducted by former NASA scientist Dr. Bill Wolverton suggests that live indoor plants can be used to help purify the air. In the study plants were placed in sealed containers. Chemicals were injected into the containers and the plant's ability to remove the chemicals was measured. The study identified these plants as most effective at removing Formaldehyde, Benzene, and Carbon Monoxide from the air: Bamboo Palm, English Ivy, Gerbera Daisy, Janet Craig, Marginata, Mass Cane/Corn Plant, Mother-in-Law's Tongue, Pot Mum, Peace Lilly, and Warnekii.

Go-Green Tip of the Month

Use indoor plants to improve the air quality and atmosphere of your home or office.

Sites to search:

- 🌱 www.plant-care.com
- 🌱 www.epa.gov search for "Indoor Air Quality"

In addition to cleaning the air, several other benefits of indoor plants have been identified.

- 🌱 In a study conducted by Dr. Virginia Lohr of Washington State University participants working in a computer lab furnished with plants were 12% more productive than participants not in the presence of plants.
- 🌱 Through a process called transpiration plants can lower the temperature and maintain the humidity level in a room. According to the Associated Landscape Contractors of America there is a potential heating and cooling cost saving of 20% with properly selected and placed plants.
- 🌱 Plants can be strategically placed around office spaces to reduce noise. A small indoor hedge around a workspace can reduce noise by 5 decibels.
- 🌱 Although plants cost less than other decorating options, according to a study from England's Oxford Brookes University, buildings with interior plants are viewed as more expensive-looking, welcoming and relaxed.

Try going green by adding some greenery around your home or office and see if it doesn't make you feel better.

If you have questions or comments please send them to: askus@sciremc.com.

Sources

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