

# Wheel of Well-being

## 15 fabulous health benefits of house plants



Just about everyone knows that plants are great for producing oxygen and contributing to a zen feeling in any environment. But did you know that they can clinically reduce stress, fight colds, remove contaminants, and even stop headaches? Read on to find out about the great health benefits associated with house plants.

**Plants can help fight colds:** Indoor plants have been shown to reduce cold-related illnesses by more than 30%. This is due to their effect of increasing humidity levels and decreasing dust.

**Plants can remove airborne contaminants:** We breathe the same air again and again, potentially inhaling harmful substances that are trapped inside. Indoor plants can help to remove pollutants including VOCs that cause headaches, nausea, and more.

**Plants can stop your headaches:** Filling your home with plants can decrease or eliminate headaches. With plants, you're much less likely to be breathing the kind of stuffy, stale air that contributes to headaches.

**Plants can make you happy:** House plants can contribute to a feeling of wellbeing, making you calmer and more optimistic. Studies have shown that patients who face a garden view in their hospital rooms often recover more quickly than those facing a wall.

**Plants can improve your mental health:** Caring for a living thing can help when you're depressed and lonely, giving you a purpose in life.

**Plants can decrease your blood pressure:** People with plants in their homes have less stress, and plants have been known to contribute to lower blood pressure.

**Plants can reduce carbon dioxide:** During photosynthesis, plants draw carbon dioxide from the air. Removing this substance can help prevent drowsiness from elevated levels.



Ficus



Dragon Tree



Philodendron



Spider Plant





**Plants can offer treatment:** Some indoor plants, like aloe, can be applied to skin and offer pain relief.

**Plants can prevent allergies:** Exposing children to allergens such as plants early in life can help them build a tolerance and immunity to the allergen. It works like a custom allergy shot, naturally.

**Plants can negate cigarette smoke:** If you are a smoker or live with one, a plant may help you remove the airborne chemicals from cigarettes. In particular, the **Peace Lily** is a good choice for this health benefit.



Peace  
Lily

**Plants can make your brain work better:** Potted plants and flowers can improve your idea generation, mood, and more.

**Plants provide clean air:** In addition to filtering chemicals, plants also put out clean air, improving the air quality around them.

**Plants can clear congestion:** **Eucalyptus** in particular can help clear phlegm and

congestion from your system. In fact, eucalyptus is often found in congestion remedies.

**Plants are natural humidifiers:** Instead of buying a humidifier machine to soften the air, just bring in a plant or two.

**Plants can improve your sleep:**

**Gerbera daisies** give off oxygen at night. Filling a vase in your bedroom with these flowers can improve your night's rest.



Fern



Palm

