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## Houseplants for your Health

<u>CONDITION</u>	<u>REMEDY</u>
A Cold	Indoor plants have been shown to reduce cold-related illnesses by more than 30% by increasing humidity levels and decreasing dust.
Headache, Nausea and Yucky Feeling	Indoor plants help to remove pollutants including VOCs that cause headaches, nausea, and more. Filling your home with plants can decrease or eliminate headaches by reducing stale air that contributes to headaches.
Winter Blues	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. Caring for a living thing also can help when you're depressed and lonely, giving you a purpose in life.
High Blood Pressure	People with plants in their homes have less stress, and plants have been known to contribute to lower blood pressure.
Tired and Worn Out	During photosynthesis, plants draw carbon dioxide from the air. Removing this substance can help prevent drowsiness.
First Aid	Some indoor plants, like aloe, can be applied to skin and offer pain relief.
Children's 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.
Tobacco Haze	If you are a smoker or live with one, a plant may help remove the airborne chemicals from cigarettes. In particular, the Peace Lily is a good choice for this health benefit.
Foggy Brain	Potted plants and flowers can improve your idea generation, mood, and more.
Smog Haze	In addition to filtering chemicals, plants also produce clean air, improving the air quality around them.
Trouble Sleeping	Gerbera daisies give off oxygen at night. Filling a vase in your bedroom with these flowers can improve your night's rest.
Dry Skin, Sinus Issues	Instead of buying a humidifier to soften the air, just bring in a plant or two, certain plants increase humidity levels.

(Source: <http://www.mastersinhealthcare.com>)

**Covington's has a wide variety of lush gorgeous houseplants to beautify your home and improve your health.**